January-February 2026

Group Fitness & Aquatic Schedule

HOURS OF OPERATION
Monday - Friday 5 am - 8 pm
Saturday 8 am - 2 pm
Sunday 1 pm - 5 pm

SULPHUR PARKS & RECREATION 933 W Parish Rd Sulphur, LA 70663 337-527-2500
Recreation & Aquatic Center

	TIME	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS
MORNING	5:05 am	Circuit Training Sarah (45min) **A**		NEW		Circuit Training Sarah (60 min) **A**				Sculpting Susie (55min) **A**			
	8:00 am		1 Aqua Therapy Debra (30min)	Yin-Yang Nidra Marissa (50min) **S**								JUMPSTART the New Year with 1 blended session of 4 different classes! JANUARY 9, 2026 8:30-10am ZUMBA SCULPT SPIN YOGA -Expand your fitness horizons! -Start your New Year's Resolution early! -Meet our instructors!	
	8:15 am			SPIN Chrissy (45 min) **A**				SPIN Chrissy (45 min) **A**		Spin/ Sculpt Chrissy (45 min) **A**			
	8:15 am					Sculpting Chrissy (45 min) **A**				Pilates Emery (45 min) **S**			
	8:30 am		3 Aqua Body Conditioning Debra (60min)		2 Silver AQUACISE Darla (60min)		3 Aqua Body Conditioning Darla (60min)		4 Hydro Power Darla (60min)			Room #s Where are the classes? A= Aerobic Room #130 S= Studio/Class Room #150	
	9:00 am			Sculpting Chrissy (45 min) **A**				Sculpting Chrissy (45 min) **A**				AGE REQUIREMENTS: 1. Aerobic Class participants must be 12 years of age or older. 2. Parent/ guardian must attend class with 12-13 year olds.	
	9:15 am	Seated Aerobics Mark (60 min) **A**				Seated Aerobics Mark (60 min) **A**				Seated Aerobics Emery (60 min) **A**	3 AquaBody Conditioning Hope (60 min)	1-4 Water Aqua Intensity Level	
	9:30 am											SlowFlow YOGA Darla (60 min) **S**	
	10:00 am			INTRO to Weight Room Fit Attend (45min)				Beginner YOGA Darla (60min) **S**					
AFTERNOON/EVENING	12:00 noon	NEW SPIN Raygan (45min) **A**	4 Hydro Power Darla (60min)				2 Silver AQUACISE Darla (60min)				2 Aqua Flow Fusion Darla (60 min)	Pool Closures **Feb 19th-22nd State Swim Meet-** both Pools Closed/ No water Classes **Feb 23rd Pool Construction Begins** Look for class cancellations or location changes	
	5:00 pm			Pilates Emery (60 min) **S**				ZUMBA fitness Carolina (60min) **A**					
	5:30 pm		4 Hydro Power Hope (60min)	ZUMBA fitness Adriana (60min) A	4 Aqua BootCamp Hope (60min)		2 Aqua Yoga Darla (45 min)		4 Aqua Noodles Hope (60min)			Aqua Yoga **Participants must register to attend class @** www.sulphurparks.com/sparc Space is Limited	
	6:00 pm	Sculpting Raygan (45min) **A**				Country Western Dance Rody (60 min) A		SparBo Video Tribute to Sheilah (40min) **A**				EVENTS **New Years** *Mon. Jan 1st - RAQC CLOSED* *X-Pass Not Available* **MLK Jr. Day** Admin Closed- RAQC Normal hours **Basketball Court Closures** *Mon. Jan 5th - Both courts* *Wed. Feb 18th - Both Courts*	
	6:00 pm	Hatha YOGA Marissa (50min)**S**				Yin YOGA Barbara (60min) **S**		Slow Power Flow Darla (60min) **S**					

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