

March/April 2026

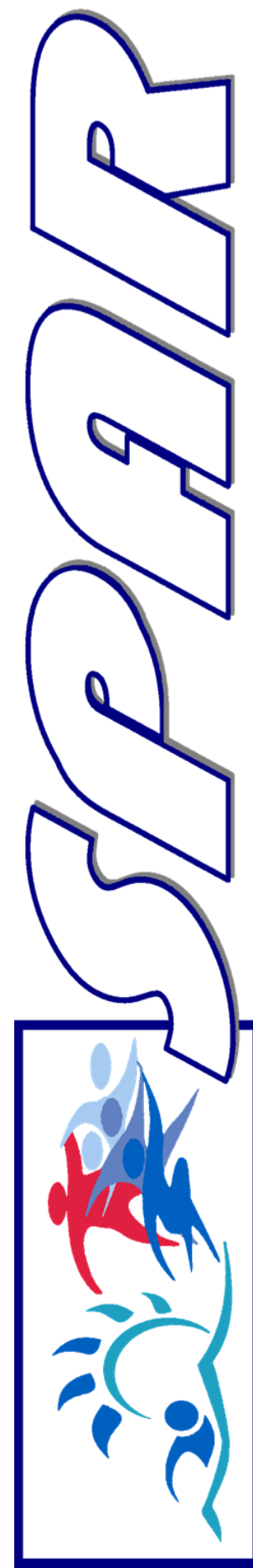
Group Fitness & Aquatic Schedule

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

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday						
TIME	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS					
5:05 am	Circuit Training Sarah (45min) A				Circuit Training Sarah (60 min) A				Sculpting Susie (55min) A								
8:00 am		Pool Closed for Construction	Yin-Yang Nidra Marissa (50min) S	Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction					
8:15 am			SPIN Chrissy (45 min) A				Sculpting Chrissy (45 min) A				SPIN Chrissy (45 min) A			SPIN/SCULPT Chrissy (45 min) A			
8:30 am	Sit/Stretch/Balance Debra (30 Min) A										Active Chair Darla (60min) S						
9:00 am					Sculpting Chrissy (45 min) A						Sculpting Chrissy (45 min) A						
9:15 am	Seated Aerobics Debra (60 min) A						Seated Aerobics Darla (60 min) A							Seated Aerobics Emery (60 min) A			
9:30 am																SlowFlow YOGA Darla (60 min) S	
10:00 am					INTRO to Weight Room Fit Attend (45min)								Beginner Yoga Darla (60min) S				
4:45 pm					Pilates Emery (60 min) S												
5:00 pm		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction		Pool Closed for Construction					
6:00 pm	Modified Pilates Emery (60m) A				ZUMBA fitness Adriana (60min) A				Country Western Dance Rody (60 min) A				ZUMBA fitness Carolina (60min) A				
6:00 pm	Hatha YOGA Marissa (60min) S				Sculpt & Flow Marisela (60min) S				Yin YOGA Barbara (60min) S				Slow Power Flow Darla (60min) S				

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.

Where are the classes?
 A= Aerobic Room #130
 S= Studio/Class Room #150

POOL CLOSURE
 Indoor Pools are closed for construction beginning February 23rd for approximately 9 weeks

HOLIDAY HOURS
EASTER WEEKEND
 Friday April 3rd - 8am-2pm
 NO classes/Kid Zone closed
 Saturday April 4th - 8am-2pm
 NO classes/Kid Zone closed
 Sunday April 5th - CLOSED

LAGNIAPPE DATES
 Daylight Savings- March 8th