

# UPDATED

# April/May 2025

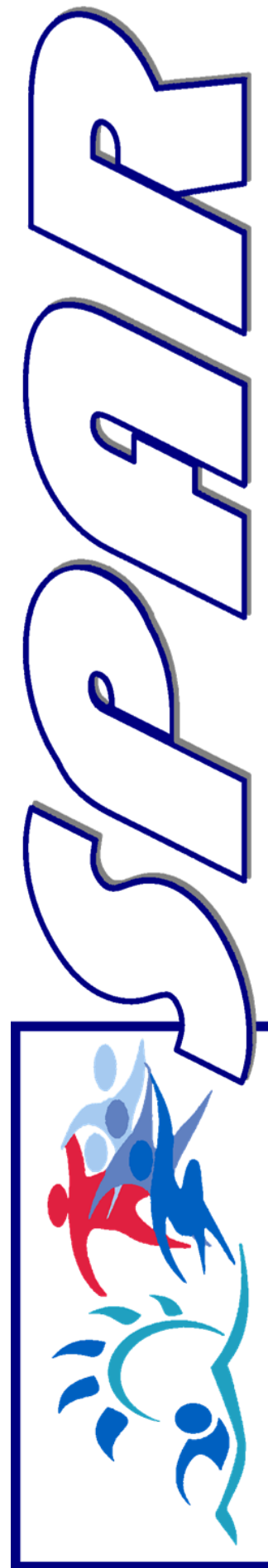
## Group Fitness & Aquatic Schedule

### 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
5:05 am	<b>Circuit Training</b> Sarah (60min) A				<b>Circuit Training</b> Sarah (45 min) A	
8:00 am		1 <b>Aqua Therapy</b> Debra (30min)				
8:15 am			<b>SPIN</b> Chrissy (45 min) A		<b>SPIN</b> Chrissy (45 min) A	<b>SPIN</b> Chrissy (45 min) A
8:15 am				<b>Sculpting</b> Chrissy (45 min) A		<b>Pilates</b> Hallie (45 min) S
8:30 am		3 <b>Aqua Body Conditioning</b> Debra (60min)	2 <b>Silver AQUACISE</b> Raygan (60min)	3 <b>Aqua Body Conditioning</b> Linda (60 min)	4 <b>Hydro Power</b> Raygan (60min)	
9:00 am			<b>Sculpting</b> Chrissy (45 min) A		<b>Sculpting</b> Chrissy (45 min) A	
9:15 am	<b>Seated Aerobics</b> Mark (60 min) A			<b>Seated Aerobics</b> Raygan (60 min) A		<b>Seated Aerobics</b> Raygan (60 min) A
9:30 am						3 <b>AquaBody Conditioning</b> Hallie (60 min)
10:30 am					<b>Chair YOGA</b> Darla (60min) S	
1-4 Water Aqua Intensity Level						
12:00 noon		4 <b>Hydro Power</b> Raygan (60min)	2 <b>Aqua Yoga</b> Darla (60 min)	2 <b>Silver AQUACISE</b> Raygan (60min)	2 <b>Aqua Yoga</b> Darla (60 min)	
5:00 pm	<b>Circuit Training</b> Raygan (45min) A		<b>Pilates</b> Emery (60 min) A		<b>SPIN</b> Hallie (45 min) A	
5:30 pm		4 <b>Hydro Power</b> TBD (60min)	4 <b>Aqua BootCamp</b> TBD (60min)		4 <b>Aqua Noodles</b> TBD (60min)	
5:30 pm			2 <b>Aqua Yoga</b> Darla (60 min)	<b>Beginner Country, Western, &amp; Zydeco Dance</b> Rody (60 min) A		
6:00 pm			<b>ZUMBA</b> Adriana (50min) S		<b>Sculpting</b> Hallie (45 min) A	
6:00 pm	<b>Hatha YOGA</b> Marissa (60min) S			<b>Yin YOGA</b> Barbara (60min) S	<b>YOGA*</b> Kristi (60min) S	
6:30 pm				<b>Int/Adv Country, Western, &amp; Zydeco Dance</b> Rody (60 min) A		
7:00 pm						

**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

\*1st & 3rd Thurs - Slow Flow Yoga  
 2nd Thurs - Restorative Yoga  
 Last Thurs - Yin Yoga

**SlowFlow YOGA**  
 Darla (60 min) S

**Aqua Yoga**  
 Participants must register to attend class @ [www.sulphurparks.com/sparc](http://www.sulphurparks.com/sparc)  
 Space is Limited

**MARDI GRAS**  
 Tuesday March 4th  
 RAQC 8am-2pm  
 NO classes/KidZone Closed

**HOLIDAY HOURS**  
**EASTER WEEKEND**  
 Friday April 18th- 8am-2pm  
 NO classes/Kid Zone closed  
 Saturday April 19th 8am-2pm  
 NO classes/KidZone closed  
 Sunday April 20th - CLOSED

**MEMORIAL DAY**  
 Monday May 27th 5am-8pm  
 NO classes/KidZone Closed

**LAGNIAPPE DATES**  
 Daylight Savings- March 9th  
 LHSAA Softball- May 2nd-3rd  
 LHSAA Baseball- May 13th-17th

Room #s