## **SPRING HYDRO FIT SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 7:45 AM		Gentle Yoga		Gentle Yoga	
10:30 - 11:15 AM	Shallow Water		Shallow Water		Shallow Water
NOON - 12:45PM	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water



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