

FALL 2024 HYDRO FIT SCHEDULE

AUG 19 - DEC 13TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7 AM - 7:45 AM		Gentle Yoga		Gentle Yoga		
10:30 - 11:15 AM	Shallow Water		Shallow Water		Shallow Water	
NOON - 12:45 PM	**Deepwater	*Shallow Water	**Deepwater	*Shallow Water	*Deepwater	
4:30 PM - 5:15 PM						*AquaZumba®

*Noon Shallow Water classes will begin taking place indoors after Sunday, September 15th. Additionally, the final day for AquaZumba® will also be Sunday, September 15th.

**All Deepwater classes will take place in the center 2 lanes of the shallow pool until further notice due to Lifeguard shortage.

There will be NO classes on Friday, August 30th, as well as Saturday, September 1st, and Sunday, September 2nd.