

# SPRING 2025 HYDRO FIT SCHEDULE

JAN 13 - MAY 9

|                  | 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     | Deep Water  | Deepwater     | Deep Water  | Deepwater     |        |