

SUMMER HYDRO FIT SCHEDULE

JUNE 1 – AUGUST 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:00 AM		Gentle Yoga		Gentle Yoga		
11:05 AM	Shallow Water		Shallow Water		Shallow Water	
NOON	Deepwater	Shallow Water	Deepwater	AquaZumba®	Deepwater	
4:30 PM						AquaZumba®