



Darren YMCA Hydro Fit Class Schedule

March 11, 2019 – June 7, 2019

No Classes on April 19th (Good Friday) and May 27th (Memorial Day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SMALL POOL: Hydro - Fit Plus w/Diane 8:15-9:15am	SMALL POOL: Hydro – Fit Plus w/Dana 8:30-9:30am	SMALL POOL: Hydro – Fit Plus w/Diane 8:15-9:15am	SMALL POOL: Hydro – Fit Plus w/Nina 8:15-9:15am	SMALL POOL: Hydro – Fit Plus w/Diane 8:15-9:15am
LARGE POOL: Aqua Zumba w/Amber 9:00-9:45am	LARGE POOL: Hydro – Fit Plus w/Ginger 9:00- 10:00am	LARGE POOL: Deep Core w/Nina 9:00- 10:00am	LARGE POOL: Hydro – HIIT w/Dina 9:00- 10:00am	LARGE POOL: Hydro – HIIT w/Nancy 9:00- 10:00am
SMALL POOL Hydro – Fit Plus w/Dana 11:05am-12pm	SMALL POOL: Hydro – Fit Plus w/Dana 11:05am-12pm	SMALL POOL: Ai Chi w/Bill 11:05am- 12pm	SMALL POOL: Water Works w/Nancy 11:05am- 12pm	SMALL POOL: Water Works w/Nicole 11:05am- 12pm