

# Jefferson City YMCA Water Fitness Spring 2021

<u>Water Fitness Class</u>	<u>Days (s)</u>	<u>Deep/Shallow</u>	<u>Time</u>	<u>Instructor</u>	<u>Cost</u>
Cardio H2O	Monday/Wednesday	Deep	7:15-8:00am	Bev/Billie Sue	\$20 member/\$30 Non-member
Silver Sneakers Splash	Tuesday/Thursday	Shallow	7:15-8:00am	Kathy	\$20 member/\$30 Non-member *Silversneaker and Renew Active Eligible
Swimnastics	Monday/Wednesday/Friday	Shallow	8:30-9:15am	Pat	\$20 member/\$30 Non-member
Aqua Aerobics	Tuesday/Thursday	Shallow	8:30-9:30am	Kay	\$20 member/\$30 Non-member
Water Works	Tuesday/Thursday	Shallow	6-6:45pm	Tress	\$20 member/\$30 Non-member
Aqua Zumba	Monday/Wednesday	Shallow	6-6:45pm	Dulce	\$20 member/\$30 Non-member
Deep Water	Monday/Wednesday	Deep	6-6:45pm	Kelly/Brenda	\$20 member/\$30 Non-member
Deep Water	Tuesday/Thursday	Deep	6-6:45pm	Dorothy	\$20 member/\$30 Non-member

**A new class session starts each month.**

## **Experience the many benefits of Water Fitness:**

- Low impact—kind to joints
- The water creates increased resistance
- Works your whole body—tones muscles, builds strength and endurance
- Helps control blood pressure and blood sugar
- Ideal for those with arthritis, asthma or a disability
- Improves sleep—burns calories, manages stress and boosts mood
- Affordable and friendly! Our YMCA Water Fitness Instructors are very welcoming to new participants! Enroll today!

**Classes run monthly with about 8 classes each month.**

**For more information: Check out [www.jcymca.org](http://www.jcymca.org) or contact Lisa Dyer at 573-761-9007 email: [ldyer@jcymca.org](mailto:ldyer@jcymca.org)**