

Jefferson City YMCA Water Fitness

Fall, 2021

<u>Water Fitness Class</u>	<u>Days (s)</u>	<u>Start Date</u>	<u>Location</u>	<u>Time</u>	<u>Instructor</u>	<u>Cost</u>
Cardio H2O	Monday/Wednesday	9/1, 10/4, 11/1, 12/1	Deep/Shallow	7:15-8:00am	Bev/Billie Sue	\$22 member/\$32 Non-member
Silver Sneakers Splash	Tuesday/Thursday	9/2, 10/5, 11/2, 12/2	Shallow	7:15-8:00am	Kathy	\$22 member/\$32 Non-member *Silversneaker & Renew Active Eligible
Swimnastics	Mon/Wed/Fri	9/1, 10/1, 11/1, 12/1	Shallow	8:30-9:15am	Pat	\$22 member/\$32 Non-member
Aqua Aerobics	Tuesday/Thursday	9/2, 10/5, 11/2, 12/2	Shallow	8:30-9:15am	Kay	\$22 member/\$32 Non-member
Water Works	Tuesday/Thursday	9/7, 10/5, 11/2, 12/2	Shallow	6-6:45pm	Tress	\$22 member/\$32 Non-member
Aqua Zumba	Monday/Wednesday	9/8, 10/4, 11/1, 12/1	Shallow	6-6:45pm	Dulce	\$22 member/\$32 Non-member
Deep Water	Monday/Wednesday	9/8, 10/4, 11/1, 12/1	Deep	6-6:45pm	Kelly/Brenda	\$22 member/\$32 Non-member
Deep Water	Tuesday/Thursday	9/7, 10/5, 11/2, 12/2	Deep	6-6:45pm	Dorothy	\$22 member/\$32 Non-member

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 or contact Lisa Dyer at 573-761-9007 email: ldyer@jcymca.org