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| --- | --- | --- | --- | --- | --- | --- |
| **Water Fitness Class** | **Days (s)** | **Start Date** | **Location**  | **Time** | **Instructor**  | **Cost**  |
| Cardio H2O | Monday/Wednesday | 1/3, 2/2, 3/2, 4/4, 5/2 | Deep/Shallow | 7:15-8:00am | Bev/Billie Sue  | $22 member/$32 Non-member |
| Silver Sneakers Splash | Tuesday/Thursday | 1/4, 2/1, 3/1, 4/5, 5/3 | Shallow  | 7:15-8:00am | Kathy  | $22 member/$32 Non-member \*Silversneaker & Renew Active Eligible  |
| Swimnastics | Mon/Wed/Fri  | 1/3, 2/2, 3/2, 4/1, 5/2 | Shallow  | 8:30-9:15am | Pat  | $22 member/$32 Non-member |
| Aqua Aerobics | Tuesday/Thursday | 1/4, 2/1, 3/1, 4/5, 5/3 | Shallow  | 8:30-9:15am | Kay | $22 member/$32 Non-member |
| Water Works | Tuesday/Thursday | 1/4, 2/1, 3/1, 4/5, 5/3 | Shallow  | 6-6:45pm  | Tress | $22 member/$32 Non-member |
| Aqua Zumba  | Monday/Wednesday | 1/3, 2/2, 3/2, 4/4, 5/2 | Shallow  | 6-6:45pm  | Dulce  | $22 member/$32 Non-member |
| Deep Water | Monday/Wednesday | 1/3, 2/2, 3/2, 4/4, 5/2 | Deep  | 6-6:45pm | Kelly/Brenda  | $22 member/$32 Non-member |
| Deep Water  | Tuesday/Thursday | 1/4, 2/1, 3/1, 4/5, 5/3 | Deep  | 6-6:45pm  | Dorothy  | $22 member/$32 Non-member |

Jefferson City YMCA Water Fitness

January-May 2022

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.og](http://www.jcymca.og) or contact Lisa Dyer at 573-761-9007 email: ldyer@jcymca.org