

Jefferson City YMCA Fall Water Fitness Schedule, September-December 2022

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	Sep 7, Oct 3, Nov 2, Dec 5	Bev/Billie Sue	Both	Knowles	\$22 Y-Member; \$32 Non-member
Silver Sneaker Splash	Tues/Thurs	7:15-8am	Sep 6, Oct 4, Nov 1, Dec 6	Kathy	Shallow	Knowles	\$22 Y-Member; \$32 Non-member * *Silversneaker & Renew Active Eligible
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Sep 7, Oct 3, Nov 2, Dec 2	Pat	Shallow	Knowles	\$22 Y-Member; \$32 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	Sep 6, Oct 4, Nov 1, Dec 6	Kay	Shallow	Knowles	\$22 Y-Member; \$32 Non-member
Evening Water Fitness							
Aqua Zumba	Mon/Wed	6-6:45pm	Sep 7, Oct 3, Nov 2, Dec 5	Dulce	Shallow	Knowles	\$22 Y-Member; \$32 Non-member
Deep Water	Mon/Wed	6-6:45pm	Sep 7, Oct 3, Nov 2, Dec 5	Kelly/Brenda	Deep	Knowles	\$22 Y-Member; \$32 Non-member
Water Works	Tues/Thurs	6-6:45pm	Sep 6, Oct 4, Nov 1, Dec 6	Tress	Shallow	Knowles	\$22 Y-Member; \$32 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Sep 6, Oct 4, Nov 1, Dec 6	Dorothy	Deep	Knowles	\$22 Y-Member; \$32 Non-member

