

Jefferson City YMCA Spring Water Fitness Schedule January-May 2023

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	Jan 2, Feb 1, Mar 1, Apr 3, May 1	Bev/Billie Sue	Both	Knowles	\$23 Y-Member; \$33 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Jan 2, Feb 1, Mar 1, Apr 3, May 1	Pat	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	Jan 3, Feb 2, Mar 2, Apr 4, May 2	Kay	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Evening Water Fitness							
Aqua Zumba	Mon/Wed	6-6:45pm	Jan 2, Feb 1, Mar 1, Apr 3, May 1	Dulce	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Deep Water	Mon/Wed	6-6:45pm	Jan 2, Feb 1, Mar 1, Apr 3, May 1	Kelly/Brenda	Deep	Knowles	\$23 Y-Member; \$33 Non-member
Water Works	Tues/Thurs	6-6:45pm	Jan 3, Feb 2, Mar 2, Apr 4, May 2	Tress	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Jan 3, Feb 2, Mar 2, Apr 4, May 2	Dorothy	Deep	Knowles	\$23 Y-Member; \$33 Non-member

