

Jefferson City YMCA Summer Water Fitness Schedule June-July, 2023

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	June 5/July 3/Aug 2	Bev/Billie Sue	Both	Knowles	\$23 Y-Member; \$33 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	June 5/July 3/Aug 2	Pat	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	June 1/July 6/Aug 1	Kay	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	June 5/July 3/Aug 2	Dorothy	Shallow	Firley	\$23 Y-Member; \$33 Non-member
Mid-Day Aqua Motion	Tues/Thurs	11:15am-12pm	June 1/July 6/Aug 1	Natalie	Shallow	Firley	\$23 Y-Member; \$33 Non-member
Evening Water Fitness							
Aqua Zumba	Mon/Wed	6-6:45pm	June 5/July 3/Aug 2	Dulce	Shallow	Firley	\$23 Y-Member; \$33 Non-member
Deep Water	Mon/Wed	6-6:45pm	June 5/July 3/Aug 2	Kelly/Brenda	Deep	Firley	\$23 Y-Member; \$33 Non-member
Water Works	Tues/Thurs	6-6:45pm	June 1/July 6/Aug 1	Tress	Shallow	Firley	\$23 Y-Member; \$33 Non-member
Deep Water	Tue/Thurs	6-6:45pm	June 1/July 6/Aug 1	Dorothy	Deep	Firley	\$23 Y-Member; \$33 Non-member

