

Jefferson City YMCA Fall Water Fitness Schedule 2023

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	Sept 6, Oct 2, Nov 1, Dec 4	Bev/Billie Sue	Both	Knowles	\$23 Y-Member; \$33 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Sept 6, Oct 2, Nov 1, Dec 4	Pat	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	Sept 5, Oct 3, Nov 2, Dec 5	Kay	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Evening Water Fitness							
Aqua Zumba	Mon/Wed	6-6:45pm	Sept 6, Oct 2, Nov 1, Dec 4	Dulce	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Deep Water	Mon/Wed	6-6:45pm	Sept 6, Oct 2, Nov 1, Dec 4	Kelly/Brenda	Deep	Knowles	\$23 Y-Member; \$33 Non-member
Water Works	Tues/Thurs	6-6:45pm	Sept 5, Oct 3, Nov 2, Dec 5	Tress	Shallow	Knowles	\$23 Y-Member; \$33 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Sept 5, Oct 3, Nov 2, Dec 5	Dorothy	Deep	Knowles	\$23 Y-Member; \$33 Non-member

