

Jefferson City YMCA Water Fitness Schedule 2024

<b>Daytime Water Fitness</b>							
<b>Class</b>	<b>Days</b>	<b>Time</b>	<b>Start Day</b>	<b>Instructor</b>	<b>Depth</b>	<b>Location</b>	<b>Cost</b>
Cardio H2O	Mon/Wed	7:15-8am	Apr 1, May 1	Bev/Billie Sue	Both	Knowles	\$25 Y-Member; \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Apr 1, May 1	Pat	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	Apr 2 May 2	Kay	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
<b>Evening Water Fitness</b>							
Deep Water	Mon/Wed	6-6:45pm	Apr 1, May 1	Kelly/Brenda	Deep	Knowles	\$25 Y-Member; \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Apr 2 May 2	Tress	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Apr 2 May 2	Dorothy	Deep	Knowles	\$25 Y-Member; \$35 Non-member

