

Jefferson City YMCA Summer 2025 Water Fitness Schedule

Daytime Water Fitness							
<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Start Day</u>	<u>Instructor</u>	<u>Depth</u>	<u>Location</u>	<u>Cost</u>
Cardio H2O	Mon/Wed	7:15-8am	June 2-30, July 2-30, Aug 4-27	Bev/Billie Sue	Both	Knowles	\$25 Y-Member \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	June 2-30, July 2-30, Aug 1-29	Lisa	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	11:15am-12pm	June 3-26, July 1-31, Aug 5-28	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	June 2-30, July 2-30, Aug 4-27	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	June 3-26, July 1-31, Aug 5-28	Kay	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Aqua HIIT	Tues/Thurs	11:15am-12pm	June 3-26, July 1-31, Aug 5-28	Taylor	Deep	Firley	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	June 2-30, July 2-30, Aug 4-27	Kelly	Deep	Firley	\$25 Y-Member \$35 Non-member
Aqua Fusion	Mon/Wed	6-6:45pm	June 2-30, July 2-30, Aug 4-27	Lori	Shallow	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	June 3-26, July 1-31, Aug 5-28	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	June 3-26, July 1-31, Aug 5-28	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member