

Jefferson City YMCA Water Fitness Schedule: May 2025

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	May 1-29	Bev	Both	Knowles	\$25 Y-Member; \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	May 2-30	Lisa	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	May 1-29	Kay	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Evening Water Fitness							
Aqua Fusion	Mon/Wed	6-6:45pm	May 1-29	Lori	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Deep Water	Mon/Wed	6-6:45pm	May 1-29	Kelly/Brenda	Deep	Knowles	\$25 Y-Member; \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	May 1-29	Tress	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	May 1-29	Dorothy	Deep	Knowles	\$25 Y-Member; \$35 Non-member