

**Jefferson City YMCA Summer 2025 Water Fitness Schedule**

<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	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	July 2-30, Aug 1-29	Lisa	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	11:15am-12pm	July 1-31, Aug 5-28	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	July 2-30, Aug 4-27	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	July 1-31, Aug 5-28	Kay	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Aqua HIIT	Tues/Thurs	11:15am-12pm	July 1-31, Aug 5-28	Taylor	Deep	Firley	\$25 Y-Member \$35 Non-member
<b>Evening Water Fitness</b>							
Deep Water	Mon/Wed	6-6:45pm	July 2-30, Aug 4-27	Kelly	Deep	Firley	\$25 Y-Member \$35 Non-member
Aqua Fusion	Mon/Wed	6-6:45pm	July 2-30, Aug 4-27	Lori	Shallow	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	July 1-31, Aug 5-28	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	July 1-31, Aug 5-28	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member