

Jefferson City YMCA Water Fitness Schedule Fall, 2025

| Daytime Water Fitness | | | | | | | |
|------------------------------|-------------|--------------|-----------------------------|--------------------|--------------|-----------------|--|
| Class | Days | Time | Start Day | Instructor | Depth | Location | Cost |
| Cardio H2O | Mon/Wed | 7:15-8am | Sept 3, Oct 1, Nov 3, Dec 1 | Bev | Both | Knowles | \$25 Y-Member \$35 Non-member |
| Swimnastics | Mon/Wed/Fri | 8:30-9:15am | Sept 3, Oct 1, Nov 3, Dec 1 | Lisa | Shallow | Knowles | \$25 Y-Member \$35 Non-member |
| Mid-Day Aqua Motion | Wed/Fri | 11:15am-12pm | Sept 3, Oct 1, Nov 3, Dec 1 | Dorothy/ Taylor | Both | Knowles | \$25 Y-Member \$35 Non-member |
| Veteran Aquatic Therapy | Tues/Thurs | 8:30-9:15am | Sept 2, Oct 2, Nov 4, Dec 2 | Taylor | Shallow | Knowles | Enroll through Columbia VA Association |
| Aquatic Relief | Tues/Thurs | 8:30-9:15am | Sept 2, Oct 2, Nov 4, Dec 2 | Taylor | Shallow | Knowles | \$25 Y-Member \$35 Non-member |
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| Evening Water Fitness | | | | | | | |
| Deep Water | Mon/Wed | 6-6:45pm | Sept 3, Oct 1, Nov 3, Dec 1 | Kelly | Deep | Knowles | \$25 Y-Member \$35 Non-member |
| Aqua Fusion/Aqua Zumba | Mon/Wed | 6-6:45pm | Sept 3, Oct 1, Nov 3, Dec 1 | Lori/Dulce | Shallow | Knowles | \$25 Y-Member \$35 Non-member |
| Water Works | Tues/Thurs | 6-6:45pm | Sept 2, Oct 2, Nov 4, Dec 2 | Tress | Shallow | Knowles | \$25 Y-Member \$35 Non-member |
| Deep Water | Tue/Thurs | 6-6:45pm | Sept 2, Oct 2, Nov 4, Dec 2 | Dorothy | Deep | Knowles | \$25 Y-Member \$35 Non-member |