

Jefferson City YMCA Water Exercise Schedule Fall, 2025

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