Jefferson City YMCA Water Fitness Schedule Fall, 2026

Daytime Water Fitness							
Class	**Days**	**Time**	**Start Day**	**Instructor**	**Depth**	**Location**	**Cost**
Cardio H20	Mon/Wed	7:15-8am	Nov 2, Dec 2	Bev	Both	Knowles	$25 Y-Member $35 Non-member
Swimtastics	Mon/Wed/Fri	8:30-9:15am	Nov 2, Dec 2	Lisa	Shallow	Knowles	$25 Y-Member $35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	8:30-9:15am	Nov 3, Dec 1	Taylor	Shallow	Knowles	Enroll through Columbia VA Association
Aquatic Relief	Tues/Thurs	8:30-9:15	Nov 3, Dec 1	Taylor	Shallow	Knowles	$25 Y-Member $35 Non-member
Mid-Day Aqua Motion	Mon/Wed	11:15am-12pm	Nov 4, Dec 1	Dorothy	Both	Knowles	$25 Y-Member $35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	Nov 2, Dec 2	Kelly	Deep	Knowles	$25 Y-Member $35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Nov 3, Dec 1	Tress	Shallow	Knowles	$25 Y-Member $35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Nov 3, Dec 1	Dorothy	Deep	Knowles	$25 Y-Member $35 Non-member