

Jefferson City YMCA Water Fitness Summer Schedule 2024

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	July 1, Aug 5	Bev/Billie Sue	Both	Knowles	\$25 Y-Member \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	July 1, Aug 2	Pat	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Thursday	11:15am-12pm	July 11, Aug 8	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Mid-Day Aqua Motion	Mon/Wed	11:15a-12p	July 1, Aug 5	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	July 2, Aug 1	Kay	Shallow	Knowles	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	July 1, Aug 5	Kelly/Brenda	Deep	Firley	\$25 Y-Member \$35 Non-member
Aqua Fit	Mon/Wed	6-6:45pm	July 1, Aug 5	Hallie	Shallow	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	July 2, Aug 1	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	July 2, Aug 1	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member

