

Jefferson City YMCA Water Fitness Schedule August 17-September 1, 2024

Daytime Water Fitness							
<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Start Day</u>	<u>Instructor</u>	<u>Depth</u>	<u>Location</u>	<u>Cost</u>
Cardio H2O	Mon/Wed	7:45-8:30am	Aug 5	Bev/Billie Sue	Both	Firley	\$25 Y-Member \$35 Non-member
Swimnastics	Mon/Wed/Fri	9:30-10:15am	Aug 2	Pat	Shallow	Firley	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Thursday	11:15am-12pm	Aug 8	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Mid-Day Aqua Motion	Mon/Wed	11:15a-12p	Aug 5	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Aqua Aerobics	Tues/Thurs	9:30-10:15am	Aug 1	Kay	Shallow	Firley	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	Aug 5	Kelly/Brenda	Deep	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Aug 1	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Aug 1	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member

Aug 16-Aug 31

- Morning Classes will move to the Firley Outdoor pool.
- Evening Classes will remain at Firley Outdoor in August. September classes will start at Knowles Indoor on Sept 3/4.
- Swimnastics will have class at 9:30-10:15am on August 21, 23, 25, 28, 30, at Firley Outdoor.
- Aqua Aerobics will have class from 9:30-10:15am on August 19, 21, 23, 26, 28, 30 at Firley Outdoor.
- Cardo H2O will have class from 7:45-8:30am on August 19, 21, 26, 28 at Firley Outdoor.
- Mid-Day Aqua Motion will have regular classes until August 31 at Firley Outdoor.
- No water fitness classes on 9/2/2024 for Labor Day Holiday.

