

Jefferson City YMCA Water Fall Fitness Schedule 2024

| Daytime Water Fitness | | | | | | | |
|------------------------------|-------------|-------------|-----------------------------|-------------------|--------------|-----------------|--------------------------------|
| Class | Days | Time | Start Day | Instructor | Depth | Location | Cost |
| Cardio H2O | Mon/Wed | 7:15-8am | Sept 4, Oct 2, Nov 4, Dec 2 | Bev/Billie Sue | Both | Knowles | \$25 Y-Member; \$35 Non-member |
| Swimnastics | Mon/Wed/Fri | 8:30-9:15am | Sept 4, Oct 2, Nov 4, Dec 2 | Pat | Shallow | Knowles | \$25 Y-Member; \$35 Non-member |
| Aqua Aerobics | Tues/Thurs | 8:30-9:15am | Sept 3, Oct 1, Nov 5, Dec 3 | Kay | Shallow | Knowles | \$25 Y-Member; \$35 Non-member |
| Evening Water Fitness | | | | | | | |
| Aqua Fusion | Mon/Wed | 6-6:45pm | Sept 4, Oct 2, Nov 4, Dec 2 | Lori | Shallow | Knowles | \$25 Y-Member; \$35 Non-member |
| Deep Water | Mon/Wed | 6-6:45pm | Sept 4, Oct 2, Nov 4, Dec 2 | Kelly/Brenda | Deep | Knowles | \$25 Y-Member; \$35 Non-member |
| Water Works | Tues/Thurs | 6-6:45pm | Sept 3, Oct 1, Nov 5, Dec 3 | Tress | Shallow | Knowles | \$25 Y-Member; \$35 Non-member |
| Deep Water | Tue/Thurs | 6-6:45pm | Sept 3, Oct 1, Nov 5, Dec 3 | Dorothy | Deep | Knowles | \$25 Y-Member; \$35 Non-member |

