

Jefferson City YMCA Water Fitness Schedule: Winter-Spring 2025

Daytime Water Fitness							
Class	Days	Time	Start Day	Instructor	Depth	Location	Cost
Cardio H2O	Mon/Wed	7:15-8am	Jan 6-30, Feb 3-26, Mar 3-31, Apr 1-29, May 1-29	Bev	Both	Knowles	\$25 Y-Member; \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Jan 3-31, Feb 3-28, Mar 3-31, Apr 2-30, May 2-30	TBA	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Aqua Aerobics	Tues/Thurs	8:30-9:15am	Jan 2-30, Feb 4-27, Mar 4-27, Apr 1-29, May 1-29	Kay	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Evening Water Fitness							
Aqua Fusion	Mon/Wed	6-6:45pm	Jan 6-30, Feb 3-26, Mar 3-31 Apr 1-29, May 1-29	Lori	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Deep Water	Mon/Wed	6-6:45pm	Jan 6-30, Feb 3-26, Mar 3-31 Apr 1-29, May 1-29	Kelly/Brenda	Deep	Knowles	\$25 Y-Member; \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Jan 2-30, Feb 4-27, Mar 4-27, Apr 1-29, May 1-29	Tress	Shallow	Knowles	\$25 Y-Member; \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Jan 2-30, Feb 4-27, Mar 4-27, Apr 1-29, May 1-29	Dorothy	Deep	Knowles	\$25 Y-Member; \$35 Non-member