

**Jefferson City YMCA Water Fitness Schedule: Winter-Spring 2025**

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