

Hamilton Area YMCA Aquatic Department: Aqua Exercise Offerings						
Offerings listed are open to all Facility members to attend at the JKR pool.						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Aqua Zumba	Shallow Aerobics	Shallow Aerobics	Aqua Boot Camp	Aqua Zumba
Time	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	8:00 AM
Duration	45 min	60 min	45 min	45 min	45 min	45 min
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool
Instructor	Barbara	Jill	Carol	Katie	Gary	Jill
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Shallow Aerobics	Deep Water *	Shallow Aerobics	Arthi-cise	
Time	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	
Duration	45 min	45 min	45 min	45 min	45 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Carol	Katie	Carol	Gary	Peaches	
			* Please bring a Deep Water belt to class			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit		Aquafit	Shallow Aerobics		
Time	1:15 PM		1:15 PM	1:15 PM		
Duration	60 min		60 min	45 min		
Location	JKR Pool		JKR Pool	JKR Pool		
Instructor	Katrine		Katrine	Peaches		
	Stay in the Loop with Text Alerts!				Effective: 1/5-3/1	
In an effort to communicate schedule updates or cancellations, we're introducing text alerts!					Updated: 12/17/25	
	Text waterworkout to 84483					