

**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		Aqua Zumba			Shallow Aerobics	Aqua Zumba
Time		9:00 AM			9:00 AM	8:00 AM
Duration		60 min			45 min	45 min
Location		JKR Pool			JKR Pool	JKR Pool
Instructor		Jill			Peaches	Jill

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics		Deep Water *			
Time	10:00 AM		9:30 AM			
Duration	45 min		45 min			
Location	JKR Pool		JKR Pool			
Instructor	Carol		Carol			

\* Please bring a Deep Water belt to class

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit	Aqua Tone	Shallow Aerobics	Shallow Aerobics	Aquafit	
Time	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	
Duration	60 min	60 min	45 min	45 min	60 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Katrine	Danielle	Peaches	Peaches	Katrine	

**Stay in the Loop with Text Alerts!**

In an effort to communicate schedule updates or cancellations, we're introducing text alerts!  
 Text waterworkout to 84483

**Effective: June 23-August 24**

Updated: 6/12/25