

**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	Aqua Aerobics	Shallow Aerobics	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	Gary	Katie	Gary	Jill
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics		Deep Water *	Shallow Aerobics	Arthritis Aqua	
Time	10:00 AM		9:15 AM	10:00 AM	11:00 AM	
Duration	60 min		45 min	45 min	45 MIN	
Location	JKR Pool		JKR Pool	JKR Pool	JKR Pool	
Instructor	Carol		Carol	Peaches	Leo	
			* Please bring a Deep Water belt to class			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit		Shallow Aerobics	Deep Water *	Aquafit	
Time	1:00 PM		2:00 PM	11:00 AM	1:00 PM	
Duration	60 min		60 min	45 min	60 min	
Location	JKR Pool		JKR Pool	JKR Pool	JKR Pool	
Instructor	Katrine		Peaches	Peaches	Katrine	
				* Please bring a Deep Water belt to class		
Stay in the Loop with Text Alerts!				Effective: June 24-August 25		
In an effort to communicate schedule updates or cancellations, we're introducing text alerts!					Updated: 6/12/24	
Text waterworkout to 84483						