

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	
Time		9:00 AM			9:00 AM	
Duration		60 min			45 min	
Location		JKR Pool			JKR Pool	
Instructor		Jill			Peaches	
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			
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!				Effective: June 23-August 24	
	In an effort to communicate schedule updates or cancellations, we're introducing text alerts!				Updated: 7/28/25	
	Text waterworkout to 84483					