

**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	9:30 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	Shallow Aerobics	Deep Water *	Shallow Aerobics	Arthi-cise	
Time	10:00 AM	10:00 AM	10:30 AM	10:00 AM	10:00 AM	
Duration	60 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			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit	Shallow Water	Aquafit	Shallow Water	Shallow Water	
Time	1:15 PM	1:15 PM	1:15 PM	1:15 PM	1:15 PM	
Duration	60 min	60 min	60 min	60 min	60 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Katrine	Peaches	Katrine	Diana	Diana	
Stay in the Loop with Text Alerts!					Effective through: June 21	
In an effort to communicate schedule updates or cancellations, we're introducing text alerts!					Updated: 5/26/26	
Text waterworkout to 84483						