

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	
Time	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	
Duration	45 min	45 min	45 min	45 min	45 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Barbara	Jill	Carol	Katie	Gary	
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics					
Time	10:00 AM					
Duration	60 min					
Location	JKR Pool					
Instructor	Carol					
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: August 23	
	In an effort to communicate schedule updates or cancellations, we're introducing text alerts!				Updated: 6/10/26	
	Text waterworkout to 84483					