

**Hamilton Area YMCA Aquatic Department: Aqua Exercise Offerings**

Offerings listed are open to all Facility members to attend at the JKR pool.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Aqua Yoga	Aqua Zumba
Time	9:00 AM	10:00 AM	9:00 AM	10:00 AM	10:00 AM	8:00 AM
Duration	45 min	45 min	45 min	45 min	45 min	45 min
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool
Instructor	Barbara	Peaches	Carol	Peaches	Kathi	Jill
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Aqua Yoga	Shallow Aerobics	Shallow Aerobics	Tai Chi	
Time	10:00 AM	2:00 PM	10:00 AM	1:00 PM	11:00 AM	
Duration	45 min	45 min	45min	45 min	45 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Carol	Kathi	Katie	Katrine	Leo	
	Monday	Tuesday	Wednesday *	Thursday	Friday	Saturday
Type	Shallow Aerobics		Deep Water			
Time	1:00 PM		10:00 AM			
Duration	45 min		45min			
Location	JKR Pool		JKR Pool			
Instructor	Katrine		Carol			
			*reservation required			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type			Aqua Zumba			
Time			2:00 PM			
Duration			45 min			
Location			JKR Pool			
Instructor			Jill			
						Date revised: 5/4/22
						Schedules subject to change