

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	Shallow Aerobics	Shallow Aerobics	Shallow 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	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	Gary	Barbara	Gary	Jill
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Aqua Zumba	Deep Water *	Shallow Aerobics	Tai Chi	
Time	10:00 AM	10:00 AM	9:15 AM	10:00 AM	10:00 AM	
Duration	45 min	45 min	45 min	45 min	45 min	
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool	JKR Pool	
Instructor	Carol	Jill	Carol	Peaches	Leo	
			* Please bring a Deep Water belt to class			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	AquaFit		Aqua Aerobics	Deep Water *	Arthritis Aqua	
Time	1:00 PM		10:00 AM	11:00 AM	11:00 AM	
Duration	45 MIN		45 min	45 min	45 MIN	
Location	JKR Pool		JKR Pool	JKR Pool	JKR Pool	
Instructor	Katrine		Katie	Peaches	Leo	
				* Please bring a Deep Water belt to class		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type			Shallow Aerobic		AquaFit	
Time			11:30 AM		1:30 PM	
Duration			60 MIN		45 MIN	
Location			JKR Pool		JKR Pool	
Instructor			Danielle		Katrine	
Day	Monday	Tuesday	Wednesday *NEW!	Thursday	Friday	Saturday
Type			Shallow Aerobic			
Time			4:00 PM			
Duration			45 MIN			
Location			JKR Pool			
Instructor			Peaches			
	Stay in the Loop with Text Alerts!				Effective: January 2- March 3	
	In an effort to communicate schedule updates or cancellations, we're introducing text alerts!				Updated: 2/6/24	
	Text waterworkout to 84483					