

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	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	
	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				
	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			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Type	Aquafit		Shallow Aerobic		Aquafit		
Time	1:00 PM		11:30 AM		1:30 PM		
Duration	45 MIN		60 MIN		45 MIN		
Location	JKR Pool		JKR Pool		JKR Pool		
Instructor	Katrine		Danielle		Katrine		
					Schedules subject to change		
	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!							
	Text waterworkout to 84483						