

**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	Aqua 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	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		
Time	10:00 AM	10:00 AM	9:15 AM	10:00 AM		
Duration	60 min	45 min	45 min	45 min		
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool		
Instructor	Carol	Peaches	Carol	Peaches		

\* Please bring a Deep Water belt to class

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type			Aqua Fit & Tone	Deep Water *		
Time			11:30 AM	11:00 AM		
Duration			60 min	45 min		
Location			JKR Pool	JKR Pool		
Instructor			Danielle	Peaches		

\* Please bring a Deep Water belt to class

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit		Shallow Aerobics		Aquafit	
Time	1:00 PM		2:00 PM		1:00 PM	
Duration	60 min		60 min		60 min	
Location	JKR Pool		JKR Pool		JKR Pool	
Instructor	Katrine		Peaches		Katrine	

Stay in the Loop with Text Alerts!

Effective: October 28-December 22

In an effort to communicate schedule updates or cancellations, we're introducing text alerts!

Updated: 11/4/24

Text waterworkout to 84483