

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 Zumba
Time	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
Location	JKR Pool	JKR Pool	JKR Pool	JKR Pool		JKR Pool
Instructor	Barbara	Jill	Carol	Katie		Jill
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Shallow Aerobics	Shallow Aerobics	Deep Water *		Arthi-cise	
Time	10:00 AM	10:00 AM	10:00 AM		10:00 AM	
Duration	45 min	45 min	45 min		45 min	
Location	JKR Pool	JKR Pool	JKR Pool		JKR Pool	
Instructor	Carol	Katie	Carol		Peaches	
			* Please bring a Deep Water belt to class			
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type	Aquafit	Shallow Aerobics		Shallow Aerobics	Aquafit	
Time	1:00 PM	1:30 PM		1:30 PM	1:00 PM	
Duration	60 min	45 min		45 min	60 min	
Location	JKR Pool	JKR Pool		JKR Pool	JKR Pool	
Instructor	Katrine	Peaches		Peaches	Katrine	
	Stay in the Loop with Text Alerts!				Effective: 10/27-12/21	
	In an effort to communicate schedule updates or cancellations, we're introducing text alerts!				Updated: 10/29	
	Text waterworkout to 84483					