

## Water Exercise Class Etiquette

1. Attend a class that is appropriate to your personal fitness level.
2. Be on time, to get the full advantage of the warm-up. Also we request that you not leave the class before it is dismissed so you are assured a proper cool down and stretch.
3. **Refrain from 'doing your own thing'**. Follow the instructions given by the Fitness instructors to ensure a safe and balanced class. If you need to modify your routine for a specific reason, notify the instructor before class.
4. Limit your conversation in class, it is disruptive for other members.
5. Enter class only after the previous class is finished. Observe the 5 minute transition time between pool activities.
6. Wear appropriate exercise attire (bathing suit or shorts and t-shirt) and supportive exercise shoes when necessary.
7. For your own protection, do not use ankle/wrist weights during the cardio portion of class.
8. Return all equipment to its proper place after class.
9. Refrain from the use of cologne/perfume prior to class, odor enhances as you workout.
10. Talk away from the pool as the class in session will not be disturbed.
11. You must be at least 13 years of age to attend a fitness class. Childcare is available most hours.
12. Drink water - stay hydrated.

### **AFAP Basic (Arthritis Foundation Aquatic Program)**

Trained, certified instructors guide participants through gentle activities in warm water. Designed to alleviate the pain and stiffness associated with arthritis, and increase range of motion. **AFAP Plus** progresses to an endurance component with longer periods of increase, sustained activity. The Plus class is for minimal or mild joint involvement. Swimming ability is not necessary to participate in either program. **Participation release required.**

### **Gentle Aquafit**

Class includes low intensity aerobic conditioning and muscle toning using resistive equipment, featuring new AquaLogix water resistant equipment.

### **Aquafit**

A low impact class for moderate to high intensity level exercisers. Class is designed to improve cardiovascular health and fitness focusing on aerobic exercise and muscle toning.

### **Aquatic Personal Training**

Working one-on-one, your trainer creates an individualized exercise plan designed to meet your fitness and health goals. The individualized attention increases your focus, addresses exercise intensity, proper form and goal setting. Ideal for continuing beyond rehabilitation. Call Kari Lorraine Scott 619-298-3576, ext. 4003 to schedule training sessions. (Additional Fee)

### **Cardio Circuit**

A great combination of shallow and deep water training with low to zero impact. This workout challenges cardiovascular fitness, muscular endurance and core conditioning in a refreshing weightless environment using specially designed equipment to tone and strengthen your body.

### **Deep Water Sweat**

With zero impact even simple movements, like running, become a challenge with the resistance of the water. A complete cardiovascular workout using buoyancy belts and resistance bells.

### **H2O Combo**

A great combination of gentle cardiovascular and a power strength workout utilizing the maximum resistance of the water by increasing the amount of force applied in a vertical water exercise program. Using AquaLogix® equipment, this class will increase your upper and lower body muscle density and define your shape.

### **H2O Mind/Body**

Mind Body in the water. Fusion of Ai Chi, Pilates, balance, and stretching.

### **H2O Strength Training**

Class aimed specifically at body sculpting and toning. AquaLogix bells and fins and the water's resistance are used to strengthen muscles. Movements are powerful yet controlled, working full muscle extension to complete muscle contraction.

### **Hydro Healing**

Class is appropriate for participants dealing with chronic health conditions, such as Fibromyalgia, Parkinson's, or Arthritis. This class includes gentle aerobic conditioning, while maximizing joint movement and overall mobility. **Medical release required.**

### **Knee & Hip Post Rehab**

Continue improving strength and mobility following discharge from a clinical physical therapy setting. Led by certified aquatic personal trainers, this class is designed especially for members who have undergone knee or hip replacements. **Medical release required.** Class meets two times per week for four weeks. (Additional Fee) Register at the Customer Service Desk. Members only; ratio 1:6.

### **Total Body Workout H2O (TBW)**

Total Body Workout in the water will feature strength training to tone and strengthen your upper and lower body and abdominals. Also includes a cardiovascular workout. Class uses a variety of water resistant equipment including our new AquaLogix.



**We offer a team of highly experienced, well-educated YMCA instructors. Each staff person has received specific, extensive training in the discipline they are teaching.**



Mission Valley YMCA

## Water Exercise

# Mission Valley YMCA & Toby Wells YMCA Water Exercise Schedules



## Winter Schedule

November 1, 2009 -  
January 17, 2010

*Schedule subject to change seasonally.*

[www.missionvalley.ymca.org](http://www.missionvalley.ymca.org)

# November 1, 2009 - January 17, 2010 Water Exercise Schedule



## Friars Location Pratt Pool Indoor; 90°; 3'-5' depth

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 2 lanes	6:30-7:20 H2O Combo Paula M	7:00-7:50 H2O Mind/Body Debbie L	6:30-7:20 H2O Combo Paula M	7:00-7:50 H2O Mind/Body Debbie L	6:30-7:20 H2O Combo Paula M	
4-6 lanes	8:05-8:55 Gentle Aquafit Jane L	8:05-8:55 H2O Strength Mika M	8:05-8:55 Gentle Aquafit Jane L	8:05-8:55 H2O Strength Mika M	8:05-8:55 Gentle Aquafit Jane L	8:05-8:55 Gentle Aquafit Rotate L
4 lanes	9:00-9:50 H2O Strength Jane M	9:00-9:50 Gentle Aquafit Mika L	9:00-9:50 H2O Strength Jane M	9:00-9:50 Gentle Aquafit Mika L	9:00-9:50 H2O Strength Jane M	9:05-9:50 AFAP Rotate L
3-4 lanes	10:00-10:45 AFAP Plus Bill L	10:00-10:45 AFAP Basic Kari Lorraine L	10:00-10:45 AFAP Plus Bill L	10:00-10:45 AFAP Basic Kari Lorraine L	10:00-10:45 AFAP Plus Lloyd L	Above instructors: Peggy Marion Jeff
4 lanes	10:50-11:35 AFAP Basic Bill L	11:00-11:45 Knee & Hip Kari Lorraine L	10:50-11:35 AFAP Basic Bill L	11:00-11:45 Knee & Hip Kari Lorraine L	10:50-11:35 AFAP Basic Bill L	
PM 3 lanes		12:00-12:50 Hydro Healing Karen L		12:00-12:50 Hydro Healing Karen L		
3 lanes					6:00-7:30 TBW Jeff M	
3 lanes	6:45-7:35 Gentle Aquafit Marion L	6:35-7:50 Gentle Aquafit Caroline L	6:45-7:35 Gentle Aquafit Marion L	6:35-7:50 Gentle Aquafit Jeff L		
3 lanes		7:15-8:00 AFAP Plus Cindy L		7:15-8:00 AFAP Plus Lois L		



### Knee & Hip Pre/Post Rehab Tuesday & Thursday 11:00 a.m. - 11:45 a.m.

Begins 1st Tuesday of every month, 4-week session, 8 classes.

Fee (per session): .....\$64.00

Min: 3 Max: 6 (Medical clearance required)

### Class Level Codes

- L** Low intensity, basic movements
- M** Low to medium intensity, experienced exerciser
- H** Medium to high intensity, experienced exerciser



## Friars Location Hazard Pool Outdoor; 80°; 4'-8' depth

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 5 lanes	8:35-9:30 Cardio Circuit Marion H	8:35-9:30 Deep Water Sweat Kari Lorraine H	8:35-9:30 Cardio Circuit Mika H	8:35-9:30 Deep Water Sweat Marion H	8:35-9:30 Cardio Circuit Marion H	
5 lanes		9:30-9:50 Synchronized Swim Kari Lorraine M		9:30-9:50 Synchronized Swim Kari Lorraine M		10:05-11:00 Cardio Circuit Rotate H
PM 2 lanes	5:00-5:50 Deep Water Sweat Kari Lorraine H	5:00-5:50 Deep Water Sweat Mika H	5:00-5:50 Deep Water Sweat Kari Lorraine H	5:00-5:50 Deep Water Sweat Jeff H	5:00-5:50 Deep Water Sweat Paula/Marion H	Above instructors: Peggy Marion Jeff

**ATTENTION EVENING AQUA EXERCISERS (Hazard):** Beginning July 6th, all class participants in outdoor pool must enter and exit class at sides of pool or by traveling under the lane lines. Lane lines will remain taut. Traveling over lane lines is prohibited. These rules are for safety of all members using the pool and equipment protection. Maximum 25 participants.



## Toby Wells Location McGrath Pool Indoor; 87°; 3'-5' depth

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 4 lanes	8:40-9:35 Aquafit Sonomi M	8:40-9:35 Aquafit Peggy M	8:40-9:35 Aquafit Sonomi M	8:40-9:35 Aquafit Jason M	8:40-9:35 Aquafit Karen M	8:05-8:55 Aquafit Rotate M
3 lanes	9:45-10:30 AFAP Plus Sonomi L	9:45-10:30 AFAP Plus Lloyd L	9:45-10:30 AFAP Plus Sonomi L	9:45-10:30 AFAP Plus Lloyd L	9:45-10:30 AFAP Plus Karen L	Above instructors: Paula TBA TBA Carolyn Cindi
PM 2 lanes	6:25-7:20 Aquafit Mika H	6:10-7:05 H2O Strength Jeff M	6:25-7:20 Aquafit Claudia H	6:10-7:05 H2O Strength Claudia M	6:05-7:00 TBW Mika H	

Toby Wells additional parking at the County Building or CSC.

(schedules subject to change seasonally)