



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | AUGUST

INDOOR • PRATT POOL

88° - 90° • 3'-5' depth

MONDAY

AQUA INTERVAL
6:30 - 7:20 a.m.
Paula ♥ **GS**

AQUA FIT
8:05 - 8:55 a.m.
Marion ♥

AQUA STRENGTH
9:00 - 9:50 a.m.
Marion ♥

ARTHRITIS
10:00 - 10:45 a.m.
Bill ♥

ARTHRITIS
10:50 - 11:35 a.m.
Bill ♥

AQUA FIT
6:45 - 7:35 p.m.
Amy ♥

TUESDAY

AQUA BALANCE
7:00 - 7:50 a.m. **GS**
Nanette ♥

AQUA STRENGTH
8:05 - 8:55 a.m.
Nanette ♥ **GS**

AQUA FIT
9:00 - 9:50 a.m.
Nanette ♥ **GS**

ARTHRITIS
10:00 - 10:45 a.m.
Amy ♥

HYDRO HEALING
10:50 - 11:35 a.m.
Amy ♥

KNEE & HIP (\$)
11:00 - 11:45 a.m.
Kari Lorraine \$ ♥

AQUA FIT
6:45 - 7:35 p.m.
Amy ♥

WEDNESDAY

AQUA INTERVAL
6:30 - 7:20 a.m.
TBD ♥ **GS**

AQUA ZUMBA® / AQUA FIT
(AQUA ZUBA RUNS FIRST & THIRD WEDNESDAY OF EACH MONTH)
8:05 - 8:55 a.m.
Heidi/Barb ♥ **GS**

AQUA STRENGTH
9:00 - 9:50 a.m.
Cynthia ♥

ARTHRITIS
10:00 - 10:45 a.m.
Bill ♥

ARTHRITIS
10:50 - 11:35 a.m.
Bill ♥

AQUA FIT
6:45 - 7:35 p.m.
Marion ♥

THURSDAY

AQUA BALANCE
7:00 - 7:50 a.m.
Nanette ♥ **GS**

AQUA STRENGTH
8:05 - 8:55 a.m.
Nanette ♥ **GS**

AQUA FIT
9:00 - 9:50 a.m.
Nanette ♥ **GS**

ARTHRITIS
10:00 - 10:45 a.m.
Marion ♥

HYDRO HEALING
10:50 - 11:35 a.m.
Marion ♥

KNEE & HIP (\$)
11:00 - 11:45 a.m.
Kari Lorraine \$ ♥

FRIDAY

AQUA INTERVAL
6:30 - 7:20 a.m.
Nanette ♥ **GS**

AQUA FIT
8:05 - 8:55 a.m.
Carla ♥ **GS**

AQUA STRENGTH
9:00 - 9:50 a.m.
Cynthia ♥

ARTHRITIS
10:00 - 10:45 a.m.
Lloyd ♥

ARTHRITIS
10:50 - 11:35 a.m.
Bill ♥

SATURDAY

AQUA FIT*
8:00 - 8:55 a.m.
Rotation ♥
Week 1: Marion
Week 2: Marion
Week 3: Marion
Week 4: Marion
Week 5: Cynthia

ARTHRITIS*
9:00 - 9:45 a.m.
Rotation ♥
Week 1: Marion
Week 2: Marion
Week 3: Marion
Week 4: Marion
Week 5: Laura

SUNDAY

OUTDOOR • HAZARD POOL

78° - 80° • 4'-8' depth

MONDAY

DEEP AQUA INTERVAL
8:40 - 9:35 a.m.
Marcella/Barb

DEEP WATER RUNNING (\$)
1:05 - 1:55 p.m.
Carla \$

DEEP AQUA INTERVAL
5:45 - 6:35 p.m.
Amy **I/A**

TUESDAY

DEEP AQUA INTERVAL
8:40 - 9:35 a.m.
Marion

SYNCHRONIZED INSTRUCTION
9:40 - 10:40 a.m.
Kari Lorraine

DEEP AQUA INTERVAL
5:45 - 6:35 p.m.
Amy

WEDNESDAY

DEEP AQUA STRENGTH
8:40 - 9:35 a.m.
Barb

DEEP AQUA STRENGTH
5:45 - 6:35 p.m.
Kari Lorraine **I/A**

THURSDAY

DEEP AQUA INTERVAL
8:40 - 9:35 a.m.
Marion

DEEP AQUA INTERVAL
5:45 - 6:35 p.m.
Marion

FRIDAY

DEEP AQUA STRENGTH
8:40 - 9:35 a.m.
Kari Lorraine **I/A**

SYNCHRONIZED PRACTICE
9:40 - 10:40 a.m.

DEEP WATER RUNNING (\$)
1:05 - 1:55 p.m.
Kari Lorraine \$

DEEP AQUA INTERVAL
5:45 - 6:35 p.m.
Marion

SATURDAY

DEEP AQUA INTERVAL
10:05 - 11:00 a.m.
Rotation
Week 1: Marion
Week 2: Marion
Week 3: Marion
Week 4: Marion
Week 5: Cynthia

SUNDAY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOBY WELLS YMCA WATER EXERCISE SCHEDULE | AUGUST

INDOOR • McGRATH POOL
84° - 86° • 3'-5' depth

MONDAY
AQUA FIT
8:40 - 9:35 a.m.
CeCe ♥

ARTHRITIS
9:45 - 10:30 a.m.
CeCe ♥

AQUA FIT
6:25 - 7:15 p.m.
Melissa ★

TUESDAY
AQUA FIT
8:40 - 9:35 a.m.
Karen ♥ ★

ARTHRITIS
9:45 - 10:30 a.m.
Lloyd ♥

WEDNESDAY
AQUA FIT
8:40 - 9:35 a.m.
CeCe ♥

ARTHRITIS
9:45 - 10:30 a.m.
CeCe ♥

AQUA ZUMBA
6:25 - 7:20 p.m.
Timothy ★

THURSDAY
AQUA FIT
8:40 - 9:35 a.m.
Karen ♥ ★

ARTHRITIS
9:45 - 10:30 a.m.
Lloyd ♥

FRIDAY
AQUA FIT
8:40 - 9:35 a.m.
Dona ♥ ★

ARTHRITIS
9:45 - 10:30 a.m.
Dona ♥

AQUAFIT
6:05 - 7:00 p.m.
Kylee

SATURDAY
AQUA FIT
8:05 - 8:55 a.m.
Rotation ♥ ★

Week 1: Paula
Week 2: Cindi
Week 3: Heidi
Week 4: Melissa
Week 5: Cindi

SUNDAY

Note: Week 3 will be an AQUA ZUMBA® class.

KNEE & HIP PRE-/POST-REHAB

11:00 - 11:45 a.m. • Tuesday & Thursday
Mission Valley YMCA Pratt Pool (Indoor)

For exercisers who are planning to or have undergone knee or hip replacements.

FEE PER SESSION:

Member \$104
Participant..... \$139
Minimum four, maximum eight
Doctor OK preferred

DEEP WATER RUNNING

1:05 - 1:55 p.m. • Monday & Friday
Mission Valley YMCA Hazard Pool (Outdoor)

No impact. Increase strength and endurance.

FEE DROP-IN MONTHLY

Member..... \$9 \$44
Participant..... \$29* \$59
*Includes \$20 day-use fee
Minimum eight

- ◆ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.
- \$ **FEE-BASED** Fee-based class; must meet minimum registration. See left.
- ♥ **Y ACTIVE ADULTS** Activities designed for older adults
- ★ **GETTING STARTED** A great place to begin or restart your exercise program
- IA **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

REMINDERS:

- All schedules are subject to change.
- For class descriptions and levels, see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check ymca.org/missionvalley.
- Boxed classes are under review.
- All aqua exercisers must enter and exit classes at sides of pool or by ladders. Lane lines will remain taut; traveling over lane lines is prohibited. These rules are for safety of everyone using the pool and for equipment protection.
- Please respect the member experience, and do not enter a class after start time.