



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | NOVEMBER

## 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.  
Sharon ♥

**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.  
Sharon ♥ **GS**  
**ARTHRITIS**  
10:00 - 10:45 a.m.  
Laura ♥  
**HYDRO HEALING**  
10:50 - 11:35 a.m.  
Sharon ♥  
**KNEE & HIP (\$)**  
11:00 - 11:45 a.m.  
Kari Lorraine \$ ♥  
**AQUA FIT**  
6:45 - 7:35 p.m.  
Sharon ♥

**WEDNESDAY**  
**AQUA INTERVAL**  
6:30 - 7:20 a.m.  
Sharon ♥ **GS**  
**AQUA ZUMBA® / AQUA FIT**  
(AQUA ZUBA RUNS FIRST & THIRD WEDNESDAY OF EACH MONTH)  
8:05 - 8:55 a.m.  
Heidi/Sharon ♥ **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.  
Sharon ♥ **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.  
KL **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.  
Sharon

**WEDNESDAY**  
**DEEP AQUA STRENGTH**  
8:40 - 9:35 a.m.  
Nanette  
**DEEP AQUA STRENGTH**  
5:45 - 6:35 p.m.  
KL **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



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# TOBY WELLS YMCA WATER EXERCISE SCHEDULE | NOVEMBER

**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

### POOL TO SLOPES

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

### MONTHLY UPDATES:

#### Thursday, November 22:

There will be no water exercise classes. The Mission Valley Y is open 7-11am and the Toby Wells Y will be closed in observance of Thanksgiving.

#### Friday, November 23:

There will be no Aqua Fit class at 6:05pm at Toby Wells.

### 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.