



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | OCTOBER

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

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/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.
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.
TBD

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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FOR SOCIAL RESPONSIBILITY

TOBY WELLS YMCA WATER EXERCISE SCHEDULE | OCTOBER

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.