



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | SEPTEMBER

## 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.  
TBD ♥

**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.  
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.  
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.  
TBD **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.  
TBD **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 | SEPTEMBER

**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

### MONTHLY UPDATES:

#### Monday, September 3:

There will be no water exercise classes. Facility opens at 7 a.m. and closes at 2 p.m. in observance of Labor Day.

### 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.