



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 ♥

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.
 TBD ♥ **GS**

ARTHRITIS
 10:00 - 10:45 a.m.
 Laura ♥

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

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

AQUA FIT
 6:45 - 7:35 p.m.
 Andrea ♥

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

AQUA FIT
 6:45 - 7:35 p.m.
 Andrea ♥

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: TBD

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

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

WEDNESDAY
DEEP AQUA COMBO
 8:40 - 9:35 a.m.
 TBD

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

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

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

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

SYNCHRONIZED INSTRUCTION
 9:40 - 10:40 a.m.
 KL

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

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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MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | SEPTEMBER

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 \$120
Participant..... \$150
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 \$11 \$46
Participant \$31* \$61
*Includes \$20 day-use fee
Minimum eight

- ◆ **PASS REQUIRED** Space is limited. Wristbands available 30min. before class at the Welcome Center Kiosk.
- 💰 **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
- 🏊 **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

MONTHLY UPDATES

Monday, September 2:
All YMCA's open to the community
7:00am-2:00pm in observance of Labor Day. No water exercise classes offered.

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.