



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | JULY

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.
Marion ♥

TUESDAY
AQUA MIND/BODY
7:00 - 7:50 a.m.
Mika ♥ **GS**

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

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

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

AQUA FIT
8:05 - 8:55 a.m.
Jenn/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 MIND/BODY
7:00 - 7:50 a.m.
Mika ♥ **GS**

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

AQUA FIT
9:00 - 9:50 a.m.
Mika ♥ **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 \$ ♥

AQUA FIT
6:45 - 7:35 p.m.
Mika ♥ **GS**

FRIDAY
AQUA INTERVAL
6:30 - 7:20 a.m.
Mika ♥ **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* NEW TIME!
8:00 - 8:55 a.m.
Rotation ♥
 Week 1: Marion
 Week 2: Marion
 Week 3: Marion
 Week 4: Marion
 Week 5: Cynthia

ARTHRITIS* NEW TIME!
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.
Kari Lorraine **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.
Mika

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

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

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.
Mika

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®
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TOBY WELLS YMCA WATER EXERCISE SCHEDULE | JULY

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

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

ARTHRITIS
9:45 - 10:30 a.m.
Ruthy ♥

AQUA FIT
6:25 - 7:20 p.m. ★
Mika

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.
Julie ♥

ARTHRITIS
9:45 - 10:30 a.m.
Julie ♥

AQUA FIT
6:25 - 7:20 p.m. ★
Mika

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. ★
Mika ♥

ARTHRITIS
9:45 - 10:30 a.m.
Mika ♥

AQUA ZUMBA
6:05 - 7:00 p.m.
Mika

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

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

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

DEEP WATER RUNNING

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

No impact. Increase strength and endurance.

FEE	DROP-IN	MONTHLY
Member.....\$9		\$22
Participant.....\$29*		\$30

*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
- **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

MONTHLY UPDATES:

- **TUESDAY, JUNE 4:** Facility will open at 7 a.m. and close at 2 p.m in observance of Independence day.
- **TUESDAY, JULY 4:** No water exercise classes.

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 missionvalley.ymca.org.
- 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.

In partnership with:

