



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | MARCH

## INDOOR • PRATT POOL

88° - 90° • 3'-5' depth

**MONDAY**  
**AQUA INTERVAL**  
 6:30 - 7:20 am  
 Paula ♥ ★ GS

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**AQUA FIT**  
 8:05 - 8:55 am  
 Claudia ♥ ★ GS

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**AQUA STRENGTH**  
 9:00 - 9:50 am  
 Bronte ♥

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**ARTHRITIS**  
 10:00 - 10:45 am  
 Bill ♥

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**ARTHRITIS**  
 10:50 - 11:35 am  
 Bill ♥

**TUESDAY**  
**AQUA BALANCE**  
 7:00 - 7:50 am  
 Nanette ♥ ★ GS

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**AQUA FIT**  
 9:00 - 9:50 am  
 Bronte ♥ ★ GS

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**ARTHRITIS**  
 10:00 - 10:45 am  
 Bronte ♥

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**HYDRO HEALING**  
 10:50 - 11:35 am  
 Bronte ♥

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**KNEE & HIP (\$)**  
 11:00 - 11:45 am  
 KL ♥

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**AQUA FIT**  
 6:45 - 7:35 pm  
 Andrea ♥

**WEDNESDAY**  
**AQUA INTERVAL**  
 6:30 - 7:20 am  
 Claudia ♥

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**AQUA ZUMBA® /**  
 8:05 - 8:55 am  
 Heidi/Claudia ♥ ★ GS

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**AQUA STRENGTH**  
 9:00 - 9:50 am  
 Cynthia ♥

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**ARTHRITIS**  
 10:00 - 10:45 am  
 Bill ♥

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**ARTHRITIS**  
 10:50 - 11:35 am  
 Bill ♥

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**AQUA FIT**  
 6:45 - 7:35 pm  
 Bronte ♥

**THURSDAY**  
**AQUA BALANCE**  
 7:00 - 7:50 am  
 Karen ♥ ★ GS

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**AQUA STRENGTH**  
 9:00 - 9:50 am  
 Karen ♥ ★ GS

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**ARTHRITIS**  
 10:00 - 10:45 am  
 Lloyd ♥

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**HYDRO HEALING**  
 10:50 - 11:35 am  
 Claudia ♥

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**KNEE & HIP (\$)**  
 11:00 - 11:45 am  
 KL ♥

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**AQUA FIT**  
 6:45 - 7:35 pm  
 Andrea ♥

**FRIDAY**  
**AQUA INTERVAL**  
 7:00 - 7:50 am  
 Nanette ♥ ★ GS

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**AQUA FIT**  
 8:05 - 8:55 am  
 Carla ♥ ★ GS

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**AQUA STRENGTH**  
 9:00 - 9:50 am  
 Cynthia ♥

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**ARTHRITIS**  
 10:00 - 10:45 am  
 Lloyd ♥

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**ARTHRITIS**  
 10:50 - 11:35 am  
 Bill ♥

**SATURDAY**  
**AQUA FIT**  
 8:00 - 8:50 am  
 Instructor ♥

Rotation:  
 Week 1: Cindi  
 Week 2: Cindi  
 \*Week 3: Heidi  
 (Aqua Zumba)\*  
 Week 4: Bronte  
 Week 5: Cindi

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**ARTHRITIS**  
 9:00 - 9:45 am  
 Bronte ♥

**SUNDAY** NO WATER EX CLASSES

## OUTDOOR • HAZARD POOL

78° - 80° • 4'-8' depth

**MONDAY**  
**DEEP AQUA INTERVAL**  
 8:40 - 9:35 am  
 Marcella/Nanette

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**DEEP WATER RUNNING (\$)**  
 1:05 - 1:55 pm  
 Carla \$

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**DEEP AQUA INTERVAL**  
 5:45 - 6:35 pm  
 KL/Paula I/A

**TUESDAY**  
**DEEP AQUA INTERVAL**  
 8:40 - 9:35 am  
 Nanette

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**SYNCHRONIZED PRACTICE**  
 9:40 - 10:40 am

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**DEEP AQUA INTERVAL**  
 5:45 - 6:35 pm  
 Andrea

**WEDNESDAY**  
**DEEP AQUA COMBO**  
 8:40 - 9:35 am  
 Barb/Claudia

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**DEEP AQUA COMBO**  
 5:45 - 6:35 pm  
 KL/Paula I/A

**THURSDAY**  
**DEEP AQUA INTERVAL**  
 8:40 - 9:35 am  
 Claudia

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**DEEP AQUA INTERVAL**  
 5:45 - 6:35 pm  
 Andrea

**FRIDAY**  
**DEEP AQUA COMBO**  
 8:40 - 9:35 am  
 KL I/A

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**SYNCHRONIZED INSTRUCTION**  
 9:40 - 10:40 am  
 KL

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**DEEP WATER RUNNING (\$)**  
 1:05 - 1:55 pm  
 KL \$

**SATURDAY**  
**DEEP AQUA INTERVAL**  
 10:05 - 10:55 am  
 Bronte

**SUNDAY** NO WATER EX CLASSES

# MISSION VALLEY YMCA WATER EXERCISE SCHEDULE | MARCH

## KNEE & HIP PRE-/POST-REHAB

11:00 - 11:45 am • 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 pm • 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
- IVA **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 [ymcasd.org/missionvalley](http://ymcasd.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.