



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING

MONDAY

POWER YOGA
5:45 - 6:40
Joanna (S3) I/A

**DEEP WATER/
STRENGTH**
8:00 - 8:55
Klarissa (Pool)

CARDIO BLAST
9:00 - 9:55
Elijah (S1) ♦

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

ZUMBA
9:00 - 9:55
Rosa (S3) ♦ 7+

AQUA INTERVAL
9:00 - 9:55
Ai (Pool)

FOREVER FIT
10:00 - 10:50
Katrina (S2) ♦ ♥

BODYPUMP
10:05 - 11:05
Ai (S1)

CHAIR YOGA
11:00 - 11:55
Jackie G. (S3) ♦ ♥

AQUA FIT ★
11:00 - 11:55
Rosa (Pool)

TAI CHI
11:00 - 11:55
Kathi (S2)

TUESDAY

EXTREME FIT I/A
5:45 - 6:40
Elijah (S1)

**RESTORATIVE
YOGA**
7:00 - 7:55
Joanna (S2) 7+ ★

ZUMBA GOLD ★
8:00 - 8:55
Rosa (S1)

AQUA FIT ★
8:00 - 8:55
Elijah (Pool)

HATHA YOGA ♦ 7+
8:45 - 9:40
Anne (S3)

FOREVER FIT ♥
9:00 - 9:55
Joe (S2)

CARDIO BLAST ♦ 7+
9:05 - 9:45
Elijah (S1)

AQUA ZUMBA
9:05 - 10:00
Maria (Pool)

CYCLING ♦ 7+
10:05 - 11:00
Diane (S3)

HYDRO HEALING ♥
11:00 - 11:55
Katrina (Pool)

TAI CHI
11:00 - 11:55
John (S2)

BODYPUMP ♦
11:50 - 12:50
Rosa (S1)

WEDNESDAY

POWER YOGA I/A
5:45 - 6:40
Joanna (S3)

CYCLING
8:00 - 8:55
Diane (S3)

**DEEP WATER/
STRENGTH**
8:00 - 8:55
Katrina (Pool)

EXTREME FIT I/A
9:00 - 9:55
Klarissa (S1)

FOREVER FIT ♥
9:00 - 9:55
Joe (S2)

AQUA INTERVAL
9:00 - 9:55
Katrina (Pool)

BODYCOMBAT 7+
9:05 - 10:00
Rosa (S3)

BODYPUMP
10:05 - 11:05
Andrea (S1)

TAI CHI ★
11:00 - 11:50
Kathi (S3)

AQUA FIT ★
11:10 - 12:00
Ai (Pool)

THURSDAY

EXTREME FIT I/A
5:45 - 6:40
Elijah (S1)

**RESTORATIVE
YOGA** 7+ ★
7:00 - 7:55
Joanna (S2)

ZUMBA GOLD ★
8:00 - 8:55
Martha (S1)

AQUA FIT ★
8:00 - 8:55
Elijah (Pool)

HATHA YOGA ♦ 7+
8:45 - 9:40
Sunje (S3)

FOREVER FIT ♥
9:00 - 9:55
Joe (S2)

EXTREME FIT
9:05 - 10:00
Klarissa (S1)

AQUA ZUMBA
9:05 - 10:00
Martha (Pool)

CYCLING ♦ 7+
10:05 - 11:00
Kasey (S3)

GENTLE YOGA
10:15 - 11:30
Kerry (S1)

TAI CHI
11:00-11:55
John (S2)

HYDRO HEALING ♥
11:00 - 11:55
Klarissa (Pool)

LINE DANCING ♥
11:30 - 12:25
Pat (S3)

BODYPUMP ♦
11:50 - 12:50
Rosa (S1)

FRIDAY

CYCLING EXPRESS
5:15 - 6:00
Sara (S3)

POWER YOGA 7+
8:00 - 8:55
Pattaya (S3)

AQUA INTERVAL ★
8:00 - 8:55
Klarissa (Pool)

ZUMBA ★
9:00 - 9:55
Jackie (S1)

HATHA YOGA 7+
9:05 - 10:20
Anne (S3)

AQUA ZUMBA ★
9:00 - 9:55
Maria (Pool)

FOREVER FIT ♦ ♥
10:05 - 11:00
Kerry (S1)

BODYCOMBAT 7+
11:05 - 12:05
Rosa (S1)

CHAIR YOGA ♦ ♥
11:10 - 12:05
Kerry (S3)

AQUA FIT ★
11:00 - 11:55
Sachiko (Pool)

SATURDAY

UJAM
8:00 - 8:55
Jackie (S1)

VINYASA YOGA 7+
8:00 - 9:15
Allison (S3)

HYDRO HEALING ♥
8:00 - 8:55
Katrina (Pool)

BODYPUMP ♦
9:05 - 10:05
Brian (S1)

CYCLING ♦ 7+
10:00 - 10:55
Jackie (S3)

ZUMBA ♦ 7+
10:15 - 11:10
Martha (S1)

VINYASA YOGA 7+
11:05 - 12:00
Pattaya (S3)

SUNDAY

Vinyasa Yoga
9:15 - 10:30
TBD (S3)

EXTREME FIT ♦ I/A
9:15 - 10:10
Ryan (P)

HOURS OF OPERATION

Mon. - Thu. 5:00 a.m. - 10:00 p.m.
Friday 5:00 a.m. - 9:00 p.m.
Saturday 7:00 a.m. - 6:00 p.m.
Sunday 8:00 a.m. - 5:00 p.m.

4300 El Cajon Boulevard
San Diego, CA 92105
619-280-9622

ymca.org/copleyprice

♦ **PASS REQUIRED** Space is limited. Pick up a pass at the Welcome Center.

7+ **KID FRIENDLY FIT** Children ages 7-13 are encouraged to participate. Must actively participate with parent/guardian.

K **KID ONLY FIT** Class intended for children ages 7-12. Parent/guardian NOT required to participate

♥ **Y ACTIVE ADULTS** Activities designed for older adults

★ **GETTING STARTED** A great place to begin or restart your exercise program

I/A **INTERMEDIATE/ADVANCED** Higher intensity and advanced instruction provided

\$ **FEE BASED** These programs require a fee

TBD Instructor to be determined

LOCATIONS:

(S1) Studio 1 (S2) Studio 2
(S3) Studio 3 (P) Patio/Outdoor
(Kids Club) Child Watch Kids Club
(Pool) Swimming Pool



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COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

AFTERNOON/EVENING

MONDAY

PILATES 12:05 - 1:00 Deena (S3)	7+
ZUMBA 5:00 - 5:55 Rosa (S2)	7+
CYCLING 5:00 - 5:55 Kasey (S3)	7+
EXTREME FIT 5:00 - 5:55 Brandi (S1)	I/A
CARDIO KICKBOXING 6:05 - 7:00 Sam (S2)	7+
PILATES 6:05 - 7:00 Patricia (S3)	7+
STEP 6:05 - 7:00 Alan (S1)	
AQUA ZUMBA 7:00 - 7:55 Timothy (Pool)	
STRONG by ZUMBA 7:10 - 8:05 Jackie (S2)	7+ I/A
U-JAM 7:10 - 8:05 Sam (S1)	
VINYASA YOGA 7:30 - 8:25 TDB (S3)	7+

TUESDAY

ZUMBA 4:00 - 4:50 Martha (S1)	7+
POWER YOGA 5:00 - 5:55 Tony (S3)	I/A
BODYPUMP 5:00 - 6:00 Sachiko (S1)	
BODYCOMBAT 5:00 - 6:00 Jackie (S2)	I/A
CYCLING 6:05 - 7:00 Brandi (S3)	7+
ZUMBA 6:10 - 7:05 Dani (S1)	7+
STRONG by ZUMBA 7:15 - 8:15 Jackie (S1)	7+

WEDNESDAY

VINYASA YOGA 12:00 - 12:55 Deena (S3)	
ZUMBA 5:00 - 5:55 Maria (S1)	7+
CYCLING 6:00 - 6:55 Lizzie (S3)	7+
KIDS ONLY FIT 6:00 - 6:25 Ezra (P)	
STEP 6:05 - 7:00 Alan (S1)	
CARDIO BLAST 6:05 - 7:00 Debra (S2)	I/A
KIDS ONLY FIT 6:30 - 6:55 Ezra (P)	K 7+
AQUA ZUMBA 7:00 - 7:55 Martha (Pool)	
U-JAM 7:10 - 8:05 Sam (S1)	
STRONG BY ZUMBA 7:10 - 8:05 Justine (S2)	
HATHA YOGA 7:35 - 8:30 Pattaya (S3)	7+ 65

THURSDAY

BODYPUMP 5:00 - 6:00 Mariah (S1)	
PILATES 5:30 - 6:25 Patricia (S3)	7+
ZUMBA 6:10 - 7:05 Dani (S1)	7+
BODYCOMBAT 6:10 - 7:10 Jackie (S2)	I/A
CYCLING 6:35 - 7:30 TBD (S3)	7+
CARDIO BLAST 7:15 - 8:10 Nasara (S1)	I/A 7+
EXTREME FIT 7:15 - 8:10 Ryan (S2)	I/A
POWER YOGA 7:45 - 8:40 Joanna (S3)	7+

FRIDAY

ZUMBA 12:10 - 1:05 David (S1)	7+
ZUMBA 5:00 - 5:55 Martha (S1)	7+
POWER YOGA 7:30 - 8:25 Allison (S3)	7+

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flier at the Welcome Center.
- For substitutions/alternate instructors, check ymca.org/copleyprice
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.