



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

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
TBD (S1)

TAI CHI ★
11:00 - 11:50
Kathi (S3)

AQUA FIT ★
11:10 - 12:00
TBD (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
Kimberley (S3)

EXTREME FIT ◆ I/A
9:15 - 10:10
Chris (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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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

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 (Outdoor 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
Kimberley (S3) **7+**

TUESDAY

ZUMBA
4:00 - 4:50
Martha (S1) **7+**

POWER YOGA
5:00 - 5:55
Pattaya (S3) **I/A**

BODYPUMP
5:00 - 6:00
Sachiko (S1)

BODYCOMBAT
5:00 - 6:00
Jackie (S2) **I/A**

CYCLING
6:05 - 7:00
Rachel (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 (Outdoor Pool)

U-JAM
7:10 - 8:05
Sam (S1)

STRONG BY ZUMBA
7:10 - 8:05
David (S2)

HATHA YOGA
7:35 - 8:30
Tony (S3) **7+** **GS**

THURSDAY

BODYPUMP
5:00 - 6:00
Mariah (S1) **7+**

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
Bety (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 copleyprice.ymca.org.
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.