



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | JULY

## 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**  
11:10 - 12:05  
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  
Sebastian (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  
Nanette (S1)

**TAI CHI** ★  
11:00 - 11:50  
Kathi (S3)

**AQUA FIT** ★  
11:10 - 12:00  
Nannete (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**  
11:10 - 12:05  
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  
TBD (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 (S1)

**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](http://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 | JULY

## 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  
Chris (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  
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+
- KIDS ONLY FIT**  
6:00 - 6:25  
Ryan (P) K 7+
- CYCLING**  
6:00 - 6:55  
Lizzie (S3) 7+
- STEP**  
6:05 - 7:00  
Alan (S1)
- CARDIO BLAST**  
6:05 - 7:00  
Debra (S2) 7+ I/A
- KIDS ONLY FIT**  
6:30 - 6:55  
Ryan (P) K 7+
- 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) ◆
- 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

### MONTHLY UPDATES

- **WEDNESDAY JULY 4:** Facility will open from 7:00am-2:00pm in observance of Independence Day.

### 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](http://copleyprice.ymca.org).
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.