



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

## MORNING

**MONDAY**

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

**DEEP WATER/  
STRENGTH**  
8:00 - 8:55  
Miguel (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 - 10:00  
Miguel (Indoor 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  
Miguel (Indoor Pool)

**TAI CHI**  
12:00-12:55  
Kathi (S1) (NEW)

**TUESDAY**

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

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

**ZUMBA GOLD®** ★  
8:00 - 8:55  
Rosa (S1)

**AQUA FIT** ★  
8:00 - 8:55  
Miguel (Pool)

**HATHA YOGA** ◆ 7+  
8:45 - 9:40  
Anne (S3)

**FOREVER FIT** ♥  
9:00 - 9:55  
Joe (S2)

**CARDIO BLAST** ◆ 7+  
9:05 - 10:00  
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)

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

**AQUA INTERVAL**  
9:15 - 9:55  
Katrina (Indoor Pool)

**BODYPUMP®**  
10:05 - 11:05  
Nanette (S1)

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

**AQUA FIT** ★  
11:00 - 11:55  
Mika (Indoor Pool)

**THURSDAY**

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

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

**ZUMBA GOLD®** ★  
8:00 - 8:55  
Martha (S1)

**AQUA FIT** ★  
8:00 - 8:55  
Miguel (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  
Mika (Pool)

**LINE DANCING** ♥  
11:30-12:25  
Pat (S3)

**BODYPUMP®** ◆  
11:50 - 12:50  
Rosa (S1)

**FRIDAY**

**CYCLING EXPRESS**  
5:15 - 6:00  
Brandi (S3)

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

**AQUA INTERVAL** ★  
8:00 - 8:55  
Miguel (Pool)

**ZUMBA®** ★  
9:00 - 9:55  
Jackie (S1)

**HATHA YOGA** 7+  
9:05 - 10:00  
Anne (S3)

**AQUA FIT** ★  
9:00 - 9:55  
Miguel (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  
Miguel (Pool)

**SATURDAY**

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

**VINYASA YOGA** 7+  
8:00 - 8:55  
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  
Deena (S3)

**SUNDAY**

**VINYASA YOGA**  
9:15 - 10:15  
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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

## AFTERNOON/EVENING

### MONDAY

- PILATES**  
12:05 - 1:00  
Deena (S3) **7+**
- ZUMBA®**  
5:00 - 5:55  
Rosa (S1) **7+**
- CYCLING**  
5:00 - 5:55  
Kasey (S3) **7+**
- STEP**  
6:05 - 7:00  
Alan (S1)
- CARDIO KICKBOXING**  
6:05 - 7:00  
Sam (S2) **7+**
- PILATES**  
6:05 - 7:00  
Patricia (S3) **7+**
- EXTREME FIT/  
OUTDOOR**  
6:30 - 7:25  
Chris (P) **I/A**
- U-JAM®**  
7:10 - 8:05  
Sam (S1) **◆**
- STRONG by ZUMBA®**  
7:10 - 8:05  
Jackie (S2) **7+ I/A**
- AQUA ZUMBA®**  
7:00-7:55  
Timothy (Pool)
- 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)
- HIIT** **NEW!**  
7:10 - 8:05  
Elijah (S2) **◆**
- HATHA YOGA**  
7:35 - 8:30  
Tony (S3) **★ 65 7+**

### 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/STRENGTH**  
6:35 - 7:30  
Klarissa (S3) **◆ 7+**
- CARDIO BLAST**  
7:15 - 8:10  
Nasara (S1) **◆ 7+ I/A**
- 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:

- SUNDAY, MAY 13: We will be open to the community for Mother's Day.
- MONDAY, MAY 28: We will be open to the community from 7 a.m. - 2 p.m. in observance of Memorial 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 [ymca.org/copleyprice](http://ymca.org/copleyprice).
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.