



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER

MONDAY

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

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

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

FOREVER FIT
9:00 - 9:55
Maria (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) ◆ ♥

CYCLING
10:00 - 10:50
Mary (S3) ◆

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 EXPRESS
5:10 - 5:40
Elijah (S1) I/A

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

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
8:45 - 9:40
Anne (S3) ◆ 7+

FOREVER FIT
9:00 - 9:55
John (S2) ♥

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

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

CYCLING
10:05 - 11:00
Diane (S3) ◆ 7+

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

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

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

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

FOREVER FIT
9:00 - 9:55
Katrina (S2) ♥

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

BODYPUMP
10:05 - 11:05
Andrea (S1) ◆

TAI CHI
11:00 - 11:50
Kathi (S3) ★

ZUMBA GOLD
11:00 - 11:55
Maria (S3) NEW!

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

THURSDAY

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

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

ZUMBA GOLD
8:00 - 8:55
Martha (S1) ★

AQUA FIT
8:00 - 8:55
Elijah (Pool) ◆ ★

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

FOREVER FIT
9:00 - 9:55
Rosa (S2) ♥

STRONG BY ZUMBA
9:05 - 10:05
TBD (S1)

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

CYCLING
10:05 - 11:00
Kasey (S3) 7+

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

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

HYDRO HEALING
11:00 - 11:55
CeCe (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
8:00 - 8:55
Pattaya (S3) 7+

AQUA INTERVAL
8:00 - 8:55
CeCe (Pool) ◆ ★

ZUMBA
9:00 - 9:55
Jackie (S1) ★

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

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

BODYCOMBAT
11:00 - 12:00
Jackie/Rosa (S3) 7+

CHAIR YOGA
11:10 - 12:05
Kerry (S1) ◆ ♥

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

SATURDAY

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

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

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

BODYPUMP
9:05 - 10:05
Brian (S1&2) ◆

CYCLING 7+
10:00 - 10:55
Betty (S3) ◆

ZUMBA
10:15 - 11:10
Martha (S1) ◆ 7+

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

SUNDAY

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

YOGA
9:30-10:45
Jackie G. (S3)

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 | SEPTEMBER

MONDAY

- PILATES**
12:00 - 12:50
Andrea (S3) 7+

- ZUMBA**
5:00 - 5:55
Rosa (S2) 7+

- CYCLING**
5:00 - 5:55
Kasey (S3) 7+

- EXTREME FIT**
5:00 - 5:55
Ryan (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
Jane (S3) ◆ 7+

TUESDAY

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

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

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

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

- CYCLING**
6:05 - 7:00
Shana (S3) ◆ 7+

- ZUMBA**
6:10 - 7:05
Diana (S1) ◆ 7+

- STRONG by ZUMBA**
7:15 - 8:15
Jackie (S1) ◆ 7+

WEDNESDAY

- VINYASA YOGA**
12:00 - 12:55
Patty H. (S3)

- ZUMBA**
5:00 - 5:55
Maria (S1) 7+

- CYCLING**
6:00 - 6:55
Shana (S3) ◆ 7+

- STEP**
6:05 - 7:00
Alan (S1)

- CARDIO BLAST**
6:05 - 7:00
Debra (S2) I/A

- U-JAM**
7:10 - 8:05
Sam (S1) ◆

- STRONG by ZUMBA**
7:10 - 8:05
TBD (S2) K 7+

- VINYASA YOGA**
7:35 - 8:30
Michelle (S3) 7+ ★ 65

THURSDAY

- BODYPUMP**
5:00 - 6:00
Brian (S1) ◆

- PILATES**
5:30 - 6:25
Patricia (S3) 7+

- ZUMBA**
6:10 - 7:05
Maria (S1) ◆ 7+

- BODYCOMBAT**
6:10 - 7:10
Jackie (S2) ◆ I/A

- CYCLING/STRENGTH**
6:35 - 7:30
LaKemba (S3) ◆ 7+

- CARDIO BLAST**
7:15 - 8:10
Nasara (S1) ◆ I/A 7+

- EXTREME FIT**
7:15 - 8:10
Ryan (S2) ◆ I/A

- HATHA YOGA**
7:45 - 8:40
Joanna (S3) 7+

FRIDAY

- ZUMBA**
12:15 - 1:10
David (S1) 7+

- ZUMBA**
5:00 - 5:55
Martha (S1) 7+

- POWER YOGA**
7:30 - 8:25
Jose (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.

MONTHLY UPDATES

Monday, September 2:
All YMCA's open to the community 7:00am-2:00pm in observance of Labor Day. Please see modified schedule.