



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

MORNING

MONDAY

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

**DEEP WATER/
STRENGTH**
8:00 - 8:55
CECE (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) ◆ ♥

CYCLING
10:00 - 10:55 NEW!
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 NEW!
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
Joe (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
Brandi (S1) I/A

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

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

BODYPUMP
10:05 - 11:05
Andrea (S1) ◆

TAI CHI
11:00 - 11:50
Kathi (S3) ★

AQUA FIT
11:00 - 11:55
Ai (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
Joe (S2) ♥

STRONG BY ZUMBA
9:05 - 10:00
Justin (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
TBD (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
11:05 - 12:05
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
Kayla (S3)

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

BODYPUMP
9:05 - 10:05
Brian (S1&2) ◆

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

ZUMBA
10:15 - 11:10
Martha (S1) ◆ 7+

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

AFTERNOON/EVENING

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
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
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
Justin (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+**

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
Justin (S2) **K** **7+**

VINYASA YOGA
7:35 - 8:30
Pattaya (S3) **7+** **GS**

THURSDAY

BODYPUMP
5:00 - 6:00
Brian (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
LaKemba (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
Kayla (S3) **7+**

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

MONTHLY UPDATES
- Sunday, April 21:
All YMCA's closed in observance of Easter.

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.