the Y YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA
GROUP EXERCISE SCHEDULE | FEBRUARY

MORNING

MONDAY

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

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

BODYPUMP
8:45 - 9:45
Andrea (S1) ◆

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

ZUMBA
9:05 - 10:00
Rosa (S3) ◆ 7+

AQUA INTERVAL
9:05 - 10:00
Miguel (Pool)

FOREVER FIT
10:00 - 10:55
Katrina (S1) ◆ ♥

GROUP STRENGTH
10:05 - 11:00
Elijah (S2)

CHAIR YOGA
11:00 - 11:55
Jackie G. (S3) ◆ ♥

AQUA FIT
11:00 - 11:55
Miguel (Pool) GS

TUESDAY

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

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

ZUMBA GOLD
8:00 - 8:55
Rosa (S1) GS

AQUA FIT
8:00 - 8:55
Miguel (Pool) GS

HATHA YOGA
8:45 - 9:40
Anne (S3) ◆ 7+

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

CARDIO BLAST
9:05 - 10:00
Elijah (S1) ◆ 7+

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

CYCLING
10:05 - 11:00
Diane (S3) ◆ 7+

HYDRO HEALING
11:00 - 11:55
Katrina (Pool) ♥

TAI CHI
11:10 - 12:05
John (S3)

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
Sebastian (S1) I/A

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

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

AQUA INTERVAL
9:10 - 10:05
Katrina (Pool)

BODYPUMP
10:05 - 11:05
Andrea (S1)

TAI CHI
11:15 - 12:10
Kathi (S1) GS

AQUA FIT
11:00 - 11:55
Mika (Pool) GS

THURSDAY

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

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

ZUMBA GOLD
8:00 - 8:55
Martha (S1) GS

AQUA FIT
8:00 - 8:55
Miguel (Pool) GS

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

FOREVER FIT
9:00 - 9:55
Joe (S2) ♥

STEP
9:05 - 10:00
Jo-Anna (S1)

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

CYCLING ◆
10:05 - 11:00
Kasey (S3) 7+

TAI CHI
11:10 - 12:05
John (S3) I/A

HYDRO HEALING
11:00 - 11:55
Mika (Pool) ♥

BODYPUMP
11:50 - 12:50
Jenna/Laura (S1) ◆

FRIDAY

EXTREME FIT
5:45 - 6:40
Sam (S1)

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

AQUA INTERVAL
8:00 - 8:55
Miguel (Pool) GS

ZUMBA
9:00 - 9:55
Jackie (S1) GS

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

AQUA FIT
9:05 - 10:00
Miguel (Pool) GS

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

BODYCOMBAT
11:05 - 12:05
Rosa (S1) 7+

CHAIR YOGA
11:10 - 12:05
Kerry (S3) ♥

AQUA LIFE
11:00 - 11:55
Miguel (Pool) GS

SATURDAY

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

HATHA YOGA 7+
8:00 - 8:55
Roberto (S3)

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

BODYPUMP
9:05 - 10:05
Brian (S1) ◆

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

ZUMBA
10:15 - 11:10
Martha (S1) ◆ 7+

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

SUNDAY

EXTREME FIT
9:15 - 10:10
Chris (S1) ◆ I/A

◆ **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

GS **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

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

copleyprice.ymca.org

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GROUP EXERCISE SCHEDULE | FEBRUARY

AFTERNOON/EVENING

MONDAY

PILATES
12:05 - 1:00
Deena (S3) 7+

ZUMBA
5:00 - 5:55
Rosa (S1&2) 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
Renata (P) ◆ I/A

AQUA ZUMBA
7:00 - 7:55
Timothy (Pool)

U-JAM
7:10 - 8:05
Sam (S1) ◆

HIIT
7:10 - 7:55
Jackie (S2) 7+ I/A

VINYASA YOGA
7:45 -8:40
Pattaya (S3) 7+

TUESDAY

ZUMBA
4:00 - 4:55
Martha (S1) 7+

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

BODYPUMP
5:15 - 6:15
Lizzie (S1&2) ◆

CYCLING
6:05 - 7:00
Jackie (S3) ◆ 7+

ZUMBA
6:30 - 7:25
Dani (S1) ◆ 7+

BODYCOMBAT
6:30 - 7:30
Damian (S2) ◆ I/A

HIIT
7:40 - 8:20
Jackie (S1&2) 7+

WEDNESDAY

VINYASA YOGA
12:00 - 12:55
Deena (S3)

ZUMBA
5:00 - 5:55
Andrea (S1&2) 7+

KIDS ONLY FIT
6:30 - 6:55
John (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
7:00 - 7:25
John (P) K 7+

U-JAM
7:10 - 8:05
Sam (S1&2)

HATHA YOGA GS 7+
7:35 - 8:30
Anne (Teen Center)

THURSDAY

BODYPUMP
5:00 - 6:00
Rosa (S1&2) ◆

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

ZUMBA
6:10 - 7:05
Martha (S1) ◆ 7+

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

EXTREME FIT/ OUTDOOR
6:30 - 7:25
Renata (P) ◆ I/A

CYCLING
6:35 - 7:30
Rosa (S3) ◆ 7+

CARDIO BLAST
7:15 - 8:10
Nasara (S1&2) 7+ I/A

VINYASA YOGA
7:45 - 8:40
Anne (S3) 7+

FRIDAY

ZUMBA
12:10 - 1:05
Andrea (S1) 7+

ZUMBA
5:15 - 6:10
Dani (S1) 7+

STEP
6:30 - 7:25
Alan (S1) ◆

VINYASA YOGA
7:30 - 8:25
Roberto (S3) 7+

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

YOUR GIFT MATTERS

$25	Helps provide a membership for a teen in the Y Teen Incentive Program, which supports their health, education and leadership development.
$50	Provides one week of preschool education to an inner city youth.
$100	Provides scholarships for two kids to play a season of sports.
$250	Provides four blood-pressure kits to at-risk adults in the Y's Blood Pressure Self-Monitoring Program.

ANNUAL CAMPAIGN EVENTS

UJAM JAMMY JAM
FRIDAY, FEBRUARY 3
6-7:30 p.m.
STUDIO 1 & 2
INSTRUCTORS: DANI & SAM
Wear your pajamas!
Join us after for a potluck

ZUMBATHON
FRIDAY, FEBRUARY 24
5-7 p.m.
STUDIO 1 & 2
INSTRUCTORS:
ANDREA, MARTHA, DANI, JACKIE, ROSA
Join us after for a potluck

YOGA FOR A CAUSE
FRIDAY, FEBRUARY 17
5-6:30 p.m.
STUDIO 1 & 2
INSTRUCTORS:
PATTAYA & ROBERTO

PUMP/COMBAT CHALLENGE
FRIDAY, FEBRUARY 10
5-7:15 p.m.
STUDIO 1 & 2
INSTRUCTORS:
BRIAN, ROSA, DAMIAN & JACKIE

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.

REVISED 1/27/16