



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)

**BODYPUMP**  
9:00 - 10:00  
Andrea (S1) ◆

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

**ZUMBA**  
9:00 - 9:55  
Rosa (S3) ◆ 7+

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

**FOREVER FIT**  
10:00 - 10:55  
Katrina (S2) ◆ ♥

**GROUP STRENGTH**  
10:10 - 11:05  
Elijah (S1)

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

**AQUA FIT**  
11:00 - 11:55  
Miguel (Pool) ★65

**TUESDAY**

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

**RESTORATIVE  
YOGA**  
7:00 - 7:55  
Joanna (S2) 7+ ★65

**ZUMBA GOLD**  
8:00 - 8:55  
Rosa (S1) ★65

**AQUA FIT**  
8:00 - 8:55  
Miguel (Pool) ★65

**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) ★65

**AQUA FIT**  
11:00 - 11:55  
Mika (Pool) ★65

**THURSDAY**

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

**RESTORATIVE  
YOGA**  
7:00 - 7:55  
Joanna (S2) 7+ ★65

**ZUMBA GOLD**  
8:00 - 8:55  
Martha (S1) ★65

**AQUA FIT**  
8:00 - 8:55  
Miguel (Pool) ★65

**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  
Diane (S3) ◆ 7+

**GENTLE YOGA**  
10:15 - 11:30 \*Starts  
Kerry (S1) March 16

**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) ★65

**ZUMBA**  
9:00 - 9:55  
Jackie (S1) ★65

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

**AQUA FIT**  
9:00 - 9:55  
Miguel (Pool) ★65

**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) ★65

**SATURDAY**

**UJAM**  
8:00 - 8:55  
Jackie (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 (P) ◆ I/A

**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

★65 **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 | MAY

## AFTERNOON/EVENING

### MONDAY

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

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

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

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- STEP**  
6:05 - 7:00  
Alan (S1) ◆

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- CARDIO KICKBOXING**  
6:05 - 7:00  
Sam (S2) ◆ 7+

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- PILATES**  
6:05 - 7:00  
Patricia (S3) 7+

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

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- U-JAM**  
7:10 - 8:05  
Sam (S1) ◆

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- STRONG by Zumba**  
7:10 - 8:05 7+ I/A

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- AQUA ZUMBA**  
7:15 - 8:10  
Timothy (Pool)

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- VINYASA YOGA**  
7:30 - 8:25  
Pattaya (S3) ◆ 7+

### TUESDAY

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

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

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- BODYPUMP**  
5:15 - 6:15  
Lizzie (S1) ◆

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

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- ZUMBA**  
6:30 - 7:25  
Dani (S1) ◆ 7+

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

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- STRONG by Zumba**  
7:35 - 8:30  
Jackie (S1&2) 7+

### WEDNESDAY

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

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

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

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

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- STEP**  
6:05 - 7:00  
Alan (S1) ◆

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

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- KIDS ONLY FIT**  
7:00 - 7:25  
John (P) K 7+

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

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

### THURSDAY

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

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

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- ZUMBA**  
6:10 - 7:05  
Martha (S1) ◆ 7+

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

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

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- CYCLING**  
6:35 - 7:30  
Rosa (S3) ◆ 7+

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

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

### FRIDAY

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

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

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- STEP**  
6:30 - 7:25  
Alan (S1) ◆

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

### SATURDAY

NO GROUP EXERCISE CLASSES

### SUNDAY

NO GROUP EXERCISE CLASSES

### MONTHLY UPDATES:

- **MAY 14:** All YMCAs will be free and open to the community Sunday, May 14 for Mothers Day
- **MAY 22:** All YMCAs will be free and open to the community Monday, May 22 for 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 [copleypriprice.ymca.org](http://copleypriprice.ymca.org).
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.

## COMING SOON!



# zumbini®

Designed for children 0-4 years, Zumbini combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding and fun. Tap your toes, sing-along and get lost in the only program to combine early-childhood development with the magical joy of Zumba Fitness.

## BUILD MORE THAN MUSCLE

# PERSONAL TRAINING

Copley-Price Family YMCA  
[copleypriprice.ymca.org](http://copleypriprice.ymca.org)

SCHOLARSHIPS  
AVAILABLE!