



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | JULY

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 (Outdoor Pool)

FOREVER FIT
10:00 - 10:50
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 (Outdoor Pool)

TUESDAY

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

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

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
Rosa (Pool)

CYCLING ◆ **7+**
10:05 - 11:00
Diane (S3)

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 **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
9:10 - 10:05
Katrina (Outdoor Pool)

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

TAI CHI ★
11:15 - 12:10
Kathi (S1)

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

THURSDAY

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

**RESTORATIVE
YOGA** **7+** ★
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)

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

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

CYCLING ◆ **7+**
10:05 - 11:00
Diane (S3)

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

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

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

BODYPUMP ◆
11:50 - 12:50
Mariah

FRIDAY

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

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 LIFE ★
11:00 - 11:55
Miguel (Pool)

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 ◆ **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
9:00 - 10:00
Tony (S3)

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

◆ **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 | JULY

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 Lisa (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
U-JAM 7:10 - 8:05 Sam (S1) ◆
STRONG by Zumba 7:10 - 8:05 Jackie (S2) 7+ I/A
AQUA ZUMBA 7:15 - 8:10 Timothy (Pool)
VINYASA YOGA 7:30 - 8:25 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) ◆
CYCLING 6:05 - 7:00 Ruth (S3) ◆ 7+
ZUMBA 6:30 - 7:25 Dani (S1) ◆ 7+
BODYCOMBAT 6:30 - 7:30 Jackie (S2) ◆ I/A
STRONG by Zumba 7:35 - 8:30 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 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 7:00 - 7:25 Ryan (P) K 7+
U-JAM 7:10 - 8:05 Sam (S1&2)
HATHA YOGA GS 7+ 7:35 - 8:30 Roberto (Teen Center)

THURSDAY

BODYPUMP 5:00 - 6:00 Rosa (S1) ◆
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 Ryan (P) ◆ I/A
CYCLING 6:35 - 7:30 Rosa (S3) ◆ 7+
CARDIO BLAST 7:15 - 8:10 Nasara (S1&2) 7+ I/A
POWER YOGA 7:45 - 8:40 Joanna (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+ 7:30 - 8:25 Roberto (S3)

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

MONTHLY UPDATES:

- **JULY 4:** Facility hours are 7am-2pm. All San Diego County YMCAs are free and open to the community on Tuesday, July 4.
- **BODYPUMP 102:** BODYPUMP 102 launches on Saturday, July 8. All classes that week will be red, white and blue themed.
- **BODYCOMBAT 72:** BODYCOMBAT 72 launches on Wednesday, July 5. All classes that week will be red, white and blue themed.

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.

TRANSFORM YOUR MIND & BODY

12-Week Transformation Challenge

"Exactly what I needed to get my health and fitness back on track."

"A group member lost 6 inches off her waist in 6 weeks!"

STARTS JULY 10
5-6 P.M. MONDAYS & WEDNESDAYS

Member: \$399 • Participant: \$499 Scholarships Available!

with Rosa & Elijah

