



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

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 (S2) ◆ ♥

GROUP STRENGTH
10:05 - 11:00
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
Kasey (S3) ◆ 7+

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

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
9:05 - 10:00
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

copleyprice.ymca.org

◆ **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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

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 7:30 - 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&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 Ryan (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+ 7:30 - 8:25 Roberto (S3)	

SATURDAY
NO GROUP EXERCISE CLASSES

SUNDAY
NO GROUP EXERCISE CLASSES

MONTHLY UPDATES:

- **ANNUAL CAMPAIGN:** It's Annual Campaign season! Pledge your donation today by visiting the Welcome Center or speak to any Y staff for more information. Money raised is used for scholarships and our multiple free programs that benefit our community. Be a hero for a better us!

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.yymca.org.
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.

BUILD MORE THAN MUSCLE

PERSONAL TRAINING

Copley-Price Family YMCA
copleypriprice.yymca.org

SCHOLARSHIPS AVAILABLE!

TAKE THE CHALLENGE

AIRE FITNESS GROUP CHALLENGE
COPLEY-PRICE FAMILY YMCA

Classes start first week of every month

Four-week sessions

Choose from:

- Mon/Wed - 7:00 a.m.
- Tue/Thu - 7:00 a.m.
- Tue/Thu - 7:00 p.m.
- with Saturday - 8:30 a.m. (combined class)

Pre/post assessments and nutrition workshop included.

Member: \$100 Participant: \$130

Drop-in rate: \$12 (space permitting)

For more information, contact Tony L: tle@ymca.org • 619-280-9622
copleypriprice.yymca.org