



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | JUNE

MORNING

MONDAY	POWER YOGA 5:45 - 6:40 Joanna (S3) I/A	TUESDAY	EXTREME FIT 5:45 - 6:40 Elijah (S1) I/A
	DEEP WATER/STRENGTH 8:00 - 8:55 Miguel (Pool)		RESTORATIVE YOGA 7:00 - 7:55 Joanna (S2) 7+ GS
	BODYPUMP 9:00 - 10:00 Andrea (S1) ◆		ZUMBA GOLD 8:00 - 8:55 Rosa (S1) GS
	FOREVER FIT 9:00 - 9:55 Joe (S2) ♥		AQUA FIT 8:00 - 8:55 Miguel (Pool) GS
	ZUMBA 9:00 - 9:55 Rosa (S3) ◆ 7+		HATHA YOGA 8:45 - 9:40 Anne (S3) ◆ 7+
	AQUA INTERVAL 9:00 - 10:00 Miguel (Outdoor Pool)		FOREVER FIT 9:00 - 9:55 Joe (S2) ♥
	FOREVER FIT 10:00 - 10:55 Katrina (S2) ◆ ♥		CARDIO BLAST 9:05 - 10:00 Elijah (S1) ◆ 7+
	GROUP STRENGTH 10:10 - 11:05 Elijah (S1)		AQUA ZUMBA 9:05 - 10:00 Rosa (Pool)
	CHAIR YOGA 11:00 - 11:55 Jackie G. (S3) ◆ ♥		CYCLING 10:05 - 11:00 Diane (S3) ◆ 7+
	AQUA FIT 11:00 - 11:55 Miguel (Outdoor Pool) GS		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	THURSDAY	EXTREME FIT 5:45 - 6:40 Elijah (S1) I/A
	CYCLING 8:00 - 8:55 Diane (S3)		RESTORATIVE YOGA 7:00 - 7:55 Joanna (S2) 7+ GS
	DEEP WATER/STRENGTH 8:00 - 8:55 Katrina (Pool)		ZUMBA GOLD 8:00 - 8:55 Martha (S1) GS
	EXTREME FIT 9:00 - 9:55 Sebastian (S1) I/A		AQUA FIT 8:00 - 8:55 Miguel (Pool) GS
	FOREVER FIT 9:00 - 9:55 Joe (S2) ♥		HATHA YOGA 8:45 - 9:40 Sunje (S3) ◆ 7+
	BODYCOMBAT 9:05 - 10:00 Rosa (S3) 7+		FOREVER FIT 9:00 - 9:55 Joe (S2) ♥
	AQUA INTERVAL 9:10 - 10:05 Katrina (Outdoor Pool)		STEP 9:05 - 10:00 Jo-Anna (S1)
	BODYPUMP 10:05 - 11:05 Andrea (S1)		AQUA ZUMBA 9:05 - 10:00 Martha (Pool)
	TAI CHI 11:15 - 12:10 Kathi (S1) GS		CYCLING 10:05 - 11:00 Diane (S3) ◆ 7+
	AQUA FIT 11:00 - 11:55 Mika (Outdoor Pool) GS		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 TBD (S1) ◆		

FRIDAY	EXTREME FIT 5:45 - 6:40 Sam (S1)	SATURDAY	UJAM 8:00 - 8:55 Jackie (S1)
	POWER YOGA 8:00 - 8:55 Pattaya (S3) 7+		HATHA YOGA 8:00 - 8:55 Roberto (S3) 7+
	AQUA INTERVAL 8:00 - 8:55 Miguel (Pool) GS		HYDRO HEALING 8:00 - 8:55 Katrina (Pool) ♥
	ZUMBA 9:00 - 9:55 Jackie (S1) GS		BODYPUMP 9:05 - 10:05 Brian (S1) ◆
	HATHA YOGA 9:05 - 10:00 Anne (S3) 7+		CYCLING 10:00 - 10:55 Jackie (S3) ◆ 7+
	AQUA FIT 9:00 - 9:55 Miguel (Pool) GS		ZUMBA 10:15 - 11:10 Martha (S1) ◆ 7+
	FOREVER FIT 10:05 - 11:00 Kerry (S1) ◆ ♥		VINYASA YOGA 11:05 - 12:00 Deena (S3) 7+
	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		

SUNDAY	Vinyasa Yoga NEW 9:00 - 10:00 Tony (S1)
	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
- 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



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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) 7+
	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) 7+ I/A
	U-JAM 7:10 - 8:05 Sam (S1) 7+
	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) 7+
	CYCLING 6:05 - 7:00 Ruth (S3) 7+
	ZUMBA 6:30 - 7:25 Dani (S1) 7+
BODYCOMBAT 6:30 - 7:30 Jackie (S2) 7+ 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 John (P) K 7+
	CYCLING 6:00 - 6:55 Lizzie (S3) 7+
	STEP 6:05 - 7:00 Alan (S1) 7+
	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 Roberto (Teen Center)	

THURSDAY	BODYPUMP 5:00 - 6:00 Rosa (S1) 7+
	PILATES 5:30 - 6:25 Patricia (S3) 7+
	ZUMBA 6:10 - 7:05 Martha (S1) 7+
	BODYCOMBAT 6:10 - 7:10 Jackie (S2) 7+ I/A
	EXTREME FIT/ OUTDOOR 6:30 - 7:25 Ryan (P) 7+ 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 TBD (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) 7+
VINYASA YOGA 7:30 - 8:25 Roberto (S3) 7+	

SATURDAY
NO GROUP EXERCISE CLASSES

SUNDAY
NO GROUP EXERCISE CLASSES

MONTHLY UPDATES:

- **JUNE 24, BRING A FRIEND DAY:** Show off your Y! Bring a friend from 10 a.m. - 12 p.m. and they get in free all day.
- **OUTDOOR POOL:** Some classes have switched to the outdoor pool. Please refer to the schedule for changes. Thank you for your cooperation.

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

COMING THIS SUMMER...

1st Annual SUMMER FIT FEST



OUTDOOR FITNESS • TRX FUSION • STRONG BY ZUMBA • UJAM • CARDIOBLAST • MUSIC • PRIZES