

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

MORNING

MONDAY

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

**DEEP WATER/
STRENGTH** GS
8:00 - 8:55
Sommer (Pool) ♥ ♦

CARDIO BLAST
9:00 - 9:55
Elijah (S1) I/A ♦

FOREVER FIT
9:00 - 9:55
Maria (S2) ♥ GS

ZUMBA® I/A
9:00 - 9:55
Rosa (S3) 7+ GS

AQUA INTERVAL
9:00 - 9:55
Ai (Pool) ♥ GS

FOREVER FIT
10:00 - 10:50
Katrina (S2) ♥ ♥

CYCLING I/A
10:00 - 10:50
Shana (S3) 7+ GS

BODYPUMP®
10:05 - 11:05
Ai (S1) I/A GS

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

AQUA FIT
11:00 - 11:55
Kylee (Pool) ♥ GS

TAI CHI
11:00 - 11:55
Kathi (S2) ♥ GS

TUESDAY

**EXTREME FIT
EXPRESS**
5:10 - 5:40
Elijah (S1) I/A

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

**RESTORATIVE
YOGA**
7:00 - 7:55
Joanna (S3) ♥ GS

ZUMBA GOLD 7+
8:00 - 8:55
Oli (S1) ♥ GS

AQUA FIT I/A
8:00 - 8:55
Elijah (Pool) ♥ ♦ GS

HATHA YOGA 7+
8:45 - 9:40
Anne (S3) ♥ ♦ GS

FOREVER FIT
9:00 - 9:55
John (S2) ♥ GS

AQUA ZUMBA
9:05 - 10:00
Maria (Pool) GS

CARDIO BLAST
9:30 - 10:25
Elijah (S1) 7+ I/A

DANCE! SPIRIT GROOVE
10:00 - 10:55
Susan (S2) ♥ GS

CYCLING 7+ I/A
10:05 - 11:00
Diane (S3) ♥ GS

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

TAI CHI
11:00 - 11:55
John (S2) ♥ I/A

BODYPUMP I/A
11:50 - 12:50
Rosa (S1) ♥ GS

WEDNESDAY

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

CYCLING I/A
8:00 - 8:55
Diane (S3) ♦ GS 7+

EXTREME FIT
9:00 - 9:55
Sam (S1) I/A

FOREVER FIT
9:00 - 9:55
Katrina (S2) ♥ GS

**DEEP WATER/
STRENGTH**
9:00-9:55
Nicole (Pool) ♥ GS

BODYCOMBAT® I/A
9:05 - 10:05
Jackie (S3) 7+ GS

BODYPUMP® I/A
10:05 - 11:05
Andrea (S1) ♥ GS

TAI CHI
11:00 - 11:50
Kathi (S3) ♥ GS

ZUMBA GOLD 7+
11:00 - 11:55
Maria (S2) ♥ GS

AQUA FIT I/A
11:00 - 11:55
Sommer (Pool) ♥ GS

THURSDAY

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

**RESTORATIVE
YOGA**
7:00 - 7:55
Joanna (S3) ♥ GS

ZUMBA GOLD 7+
8:00 - 8:55
Martha (S1) ♥ GS

AQUA FIT I/A
8:00 - 8:55
Elijah (Pool) ♥ ♦ GS

HATHA YOGA I/A
8:45 - 9:40
Sunje (S3) ♥ 7+

FOREVER FIT
9:00 - 9:55
Rosa (S2) ♥ GS

STRONG BY ZUMBA NEW!
9:05 - 10:05
TBD (S1) 7+ GS I/A

AQUA ZUMBA
9:05 - 10:00
Martha (Pool) GS I/A

CYCLING 7+ ♦
10:05 - 11:00
Kasey (S3) GS I/A

GENTLE YOGA
10:15 - 11:30
Sandy (S1) ♥ GS

TAI CHI
11:00-11:55
John (S2) ♥ I/A

HYDRO HEALING
11:00 - 11:55
Kylee (Pool) ♥ GS

LINE DANCING I/A
11:30 - 12:25
Pat (S3) ♥ GS

BODYPUMP® I/A
11:50 - 12:50
Rosa (S1) ♥ GS

FRIDAY

CYCLING EXPRESS I/A
5:15 - 6:00
Sara (S3) ♦ GS

POWER YOGA I/A
8:00 - 8:55
Pattaya (S3)

AQUA INTERVAL I/A
8:00 - 8:55
Kylee (Pool) ♥ GS

ZUMBA® I/A
9:00 - 9:55
Jackie (S1) 7+ GS

HATHA YOGA 7+
9:05 - 10:20
Anne (S3) ♥ GS

FOREVER FIT I/A
10:05 - 11:00
Kerry (S1) ♥ GS

BODYCOMBAT® 7+ I/A
11:00 - 12:00
Rosa (S3) GS

CHAIR YOGA
11:10 - 12:05
Kerry (S1) ♥ GS

AQUA FIT
11:05 - 12:00
Sachiko (Pool) ♥ GS

SATURDAY

WOD U-JAM I/A
8:00 - 8:55
Jackie (S1) GS

VINYASA YOGA 7+
8:00 - 9:15
Michelle (S3) GS

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

BODYPUMP® I/A
9:05 - 10:05
Brian (S1&2) ♥ GS

CYCLING 7+
10:00 - 10:55
Betty (S3) I/A ♦ GS

ZUMBA® 7+ I/A
10:15 - 11:10
Martha (S1) I/A ♦ GS

VINYASA YOGA 7+
11:05 - 12:00
Pattaya (S3) ♥ GS

SUNDAY

EXTREME FIT
9:15 - 10:10
Ryan (P) I/A ♦

BODYPUMP®
9:00 - 10:00
Cristel (S1) I/A GS

YOGA
9:30 - 10:45
Jackie G. (S3) ♥ GS

HOURS OF OPERATION

Mon. - Thu. 5:00 am - 10:00 pm
 Friday 5:00 am - 9:00 pm
 Saturday 7:00 am - 6:00 pm
 Sunday 8:00 am - 5:00 pm

4300 El Cajon Boulevard
 San Diego, CA 92105
 619-280-9622

ymcasd.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

COPLEY-PRICE FAMILY YMCA GROUP EXERCISE SCHEDULE | MARCH

AFTERNOON/EVENING

MONDAY

PILATES/CORE
12:00 - 12:50
Andrea (S3) I/A 7+ GS

ZUMBA®
5:00 - 5:55
Rosa (S2) I/A 7+ GS

CYCLING
5:00 - 5:55
Kasey (S3) I/A 7+ GS

EXTREME FIT
5:00 - 5:55
Ryan (S1) I/A GS

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

PILATES
6:05 - 7:00
Patricia (S3) 7+ I/A GS

STEP
6:05 - 7:00
Alan (S1) I/A GS

AQUA FIT
7:00 - 7:55
Sommer (Pool) I/A GS

STRONG by ZUMBA
7:10 - 8:05
Jackie (S2) 7+ I/A GS

WOD U-JAM
7:10 - 8:05
Roberta (S1) I/A ◆ GS

VINYASA YOGA
7:30 - 8:25
Jane (S3) I/A 7+ GS

TUESDAY

ZUMBA®
4:00 - 4:50
Martha (S1) I/A 7+ GS

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

BODYPUMP®
5:00 - 6:00
Sachiko (S1) I/A 7+ GS

BODYCOMBAT®
5:00 - 6:00
Jackie (S2) I/A GS

CYCLING
6:05 - 7:00
Shana (S3) ◆ 7+ GS

ZUMBA®
6:10 - 7:05
Martha (S1) I/A 7+ GS

STRONG by ZUMBA
7:15 - 8:15
Jackie (S1) I/A ◆ 7+

WEDNESDAY

VINYASA YOGA
12:00 - 12:55
Patty H. (S3) I/A 7+ GS

ZUMBA®
5:00 - 5:55
Maria (S1) I/A 7+ GS

CYCLING
6:00 - 6:55
Shana (S3) ◆ 7+ GS

STEP
6:05 - 7:00
Alan (S1) I/A GS

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

WOD U-JAM
7:10 - 8:05
Sam (S1) ◆ I/A GS

STRONG BY ZUMBA
7:10 - 8:05
Alex (S2) 7+ I/A GS

VINYASA YOGA
7:35 - 8:30
Marguerite (S3) I/A 7+ GS

THURSDAY

BODYPUMP®
5:00 - 6:00
Brian (S1) ◆ I/A 7+ GS

PILATES
5:30 - 6:25
Patricia (S3) I/A 7+ GS

ZUMBA®
6:10 - 7:05
Maria (S1) ◆ I/A 7+ GS

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

CYCLING/STRENGTH
6:35 - 7:30
LaKemba (S3) ◆ 7+ GS

CARDIO BLAST
7:15 - 8:10
Nasara (S1) ◆ 7+ GS

EXTREME FIT
7:15 - 8:10
Ryan (S2) ◆ I/A GS

HATHA YOGA
7:45 - 8:40
Joanna (S3) I/A 7+ GS

FRIDAY

ZUMBA®
12:15 - 1:10
David (S1) I/A 7+ GS

ZUMBA®
5:00 - 5:55
Rachel (S1) I/A 7+ GS

POWER YOGA
7:30 - 8:25
Jose (S3) I/A

SATURDAY

NO GROUP EXERCISE CLASSES

SUNDAY

NO GROUP EXERCISE CLASSES

MONTHLY UPDATES

- 12 Week Transformation Program
9 am or 5 pm • Monday & Wednesday
Next Session Begins April 6, 2020
The 12-Week Transformation Challenge is a PROGRESSIVE program to aid transformation of your mind and body with the support of the coaches.

REMINDERS:

- All schedules are subject to change.
- For class descriptions & levels see class description flyer at the Welcome Center.
- For substitutions/alternate instructors, check ymcasd.org/copleyprice
- Boxed classes are under review.
- **NOTE:** Please do not enter studios after class begins.

