



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE FOR FUN – TRAIN FOR LIFE

GRAVITY Training
MISSION VALLEY YMCA



FEBRUARY 2022

\$65 members | \$80 participants

MON	TUE	WED	THU	FRI	SAT
<p>Pilates/TBW 7:55-8:40am Shauna (All)</p> <p>TBW 9:30-10:15am Cara (All)</p> <p>TBW 10:30-11:15am Cara (All)</p>	<p>TBW 9:00-9:45am Cara (All)</p> <p>Stretch/Strength 10:30-11:15am Deborah (All)</p> <p>TBW/ Healthy Joint 11:30am-12:15pm Jeff (All)</p>	<p>TBW 9:30-10:15am Cara (All)</p> <p>Core 4:00-4:45pm Jill (All)</p> <p>TBW 5:30-6:15pm Fred (All)</p>	<p>TBW 9:00-9:45am Cara (All)</p> <p>Stretch/Strength 10:30-11:15am Deborah (All)</p> <p>TBW/ Healthy Joint 11:30am-12:15pm Maryann (All)</p>	<p>Pilates/TBW 7:15-8:00am Maryann (All)</p> <p>Core 9:45-10:30am Jill (All)</p>	<p>TBW 8:15-9:00am Amy (All)</p> <p>TBW 9:30-10:15am Jill (All)</p>

CLASS TYPES

Core: Significant focus on core awareness, muscular activation and balanced strengthening to the core powerhouse.

TBW (Total Body Workout): Comprehensive full-body workout to condition cardiovascular, muscular fitness and to enhance flexibility.

Stretch/Strength: Significant focus on improving/increasing flexibility & body awareness. Correct and strengthen overall muscle function.

Pilates: A blend of traditional Pilates reformer and mat exercises designed to fit all levels of participation fitness.

Healthy Joint: Combine total body conditioning with specific exercises to improve balance and optimal joint function of the lower back, shoulder, and knee.

CLASS LEVELS

All: All fitness levels welcome. Arrive early if first time participant.

PRICE BREAKDOWN

\$13/class for members and \$16/class for participants when paying for the full month of your selected class. \$15/class for member drop-ins and \$17 for participant drop-ins.

**For more information on GRAVITY, please contact Cara Beltran at
cbeltran@ymcasd.org or 619-298-3576, ext. 12046**

All classes subject to change. All classes have a minimum of three and a maximum of six people.