



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

GRAVITY TRAINING

TRAIN FOR LIFE > MISSION VALLEY YMCA



GRAVITY

\$75 A MONTH

*Depending on Membership Type

MON

Pilates	TBW	TBW
8:10-9:00am	9:30-10:15am	10:30-11:15am
Shauna (L1)	Cara (All)	Cara (All)

TUE

TBW	Fusion	TBW	TBW
9:00-9:45am	10:30-11:15am	11:30-12:15pm	6:00-6:45pm
Cara (All)	Deborah (L1)	Julie (L1)	Erika (All)

WED

TBW	TBW	TBW
9:30-10:15am	10:30-11:15am	5:30-6:15pm
Cara (All)	Fred (All)	Fred (L1)

THU

TBW	TBW
9:00-9:45am	10:30-11:15am
Cara (All)	Deborah (All)

CLASS LEVELS

L1: Familiar with strength training.

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

FRI

Pilates	Fusion
7:15am-8:00am	9:45-10:30am
Maryann (L1)	Jill (All)

SAT

TBW	TBW
8:15-9:00am	9:30-10:30am
Amy (All)	Jill (All)

TOTAL BODY

Comprehensive full-body strength workout to condition cardiovascular, muscular fitness and to enhance flexibility. Strengthen and condition your entire muscular system with a 45 min workout on the Total Gym.

PILATES

A blend of traditional Pilates reformer and mat exercises designed to fit various fitness levels. Participants will use specific Pilates accessories to improve strength and flexibility.

FUSION

Combine total body conditioning with specific exercises to improve balance, joint function, and body awareness. Significant focus on correct muscle function and core awareness is emphasized throughout the workout.

For more information, please contact Cara Beltran at cbeltran@ymcasd.org
Space is limited to ten participants per class. All classes subject to change.

\$18 DROP IN