**MOVE FOR FUN – TRAIN FOR LIFE**

GRAVITY Training

MISSION VALLEY YMCA

**OCTOBER 2022**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates/TBW 8:10-9:00am Shauna (All)</td>
<td><strong>TBW</strong> 9:00-9:45am Cara (All)</td>
<td><strong>TBW</strong> 9:30-10:15am Cara (All)</td>
<td><strong>TBW</strong> 9:00-9:45am Cara (All)</td>
<td>Pilates/TBW 7:15-8:00am Maryann (All)</td>
<td><strong>TBW</strong> 8:15-9:00am Amy (All)</td>
</tr>
<tr>
<td><strong>TBW</strong> 9:30-10:15am Cara (All)</td>
<td><strong>Stretch/Strength</strong> 10:30-11:15am Deborah (All)</td>
<td><strong>Core</strong> 4:00-4:45pm Jill (All)</td>
<td><strong>TBW/Healthy Joint</strong> 11:30am-12:15pm Maryann (All)</td>
<td><strong>Core</strong> 9:45-10:30am Jill (All)</td>
<td><strong>TBW</strong> 9:30-10:15am Jill (All)</td>
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<td><strong>TBW</strong> 10:30-11:15am Cara (All)</td>
<td><strong>TBW</strong>/Healthy Joint 11:30am-12:15pm Maryann (All)</td>
<td><strong>TBW</strong> 5:30-6:15pm Richard (All)</td>
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</tbody>
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**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**

$14/class for members and $17/class for participants when paying for the full month of your selected class. $16/class for member drop-ins and $18 for participant drop-ins.

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For more information on GRAVITY, please contact Cara Beltran at cbeltran@ymcasd.org or 619-298-3576, ext. 1893

All classes subject to change. All classes have a minimum of three and a maximum of ten people.
# MOVE FOR FUN – TRAIN FOR LIFE

GRAVITY Training  
MISSION VALLEY YMCA

## NOVEMBER 2022

<table>
<thead>
<tr>
<th>MON</th>
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</thead>
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| Pilates/TBW  
8:10–9:00am  
Shauna (All)  
TBW  
9:30–10:15am  
Cara (All)  
TBW  
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Cara (All) | TBW  
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