



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

GRAVITY

MISSION VALLEY YMCA

MON

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

TUES

TB 9:00-9:45am Cara (L1)	Fusion 10:30-11:15am Deb (All)	TB 6:00-6:45pm Erika (L1)
---------------------------------------	---	--

WED

TB 9:30-10:15am Cara (L1)	TB 10:30-11:15am Fred (All)
--	--

THU

TB 9:00-9:45am Cara (L1)	TB 10:30-11:15am Deb (All)
---------------------------------------	---

FRI

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

SAT

TB 8:15-9:00am Patty (L1)	TB 9:30-10:15am 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 pricing, visit welcome desk or contact
Cara Beltran at cbeltran@ymcasd.org
Space is limited to ten participants per class.
All classes subject to change.

CLASS LEVELS

L1: Familiar with strength training.
All: All fitness levels welcome.
Arrive early if first-time participant.