



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



# GRAVITY<sup>®</sup>

**MON**

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

**TUE**

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

**WED**

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

**THU**

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

**FRI**

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

**SAT**

TB	TB
8:15-9:00am Amy (All)	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.

## CLASS LEVELS

**L1:** Familiar with strength training.

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

## Register at Welcome Desk.

For pricing, visit welcome desk or contact Cara Beltran at [cbeltran@ymcasd.org](mailto:cbeltran@ymcasd.org)  
Space is limited to ten participants per class. All classes subject to change.

