



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVE FOR FUN – TRAIN FOR LIFE

**GRAVITY Training**  
MISSION VALLEY YMCA



**SEPTEMBER 2023**

**\$57 members | \$71 participants**

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

\$14.25/class for members and \$17.75/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.

**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.