

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

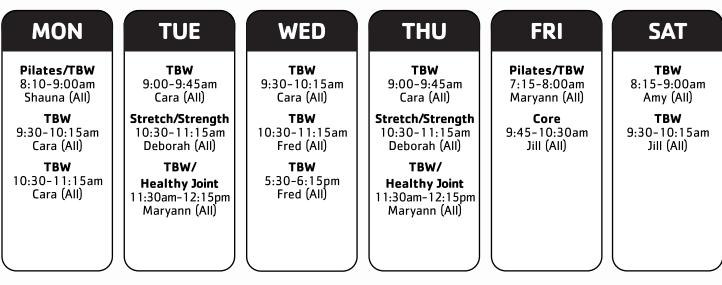
TOTAL GYM

MOVE FOR FUN – TRAIN FOR LIFE GRAVITY Training

MISSION VALLEY YMCA

SEPTEMBER 2023

\$57 members | \$71 participants



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.