



MOVE FOR FUN – TRAIN FOR LIFE

GRAVITY Training
MISSION VALLEY YMCA



MAY 2024

\$76 Non-Members

MEMBERS RECEIVE UP TO 25% DISCOUNT WITH SELECT MEMBERSHIPS

MON	TUE	WED	THU	FRI	SAT
Pilates/TBW 8:10–9:00am Shauna (L1)	TBW 9:00–9:45am Cara (All)	TBW 9:30–10:15am Cara (All)	TBW 9:00–9:45am Cara (All)	Pilates/TBW 7:15–8:00am Maryann (L1)	TBW 8:15–9:00am Amy (All)
TBW 9:30–10:15am Cara (All)	Stretch/Strength 10:30–11:15am Deborah (L1)	TBW 10:30–11:15am Fred (All)	TBW/Beginner 10:30–11:15am Deborah (All)	Core 9:45–10:30am Jill (All)	TBW 9:30–10:15am Jill (All)
TBW 10:30–11:15am Cara (All)	TBW/Strength 11:30–12:30pm Julie (L1)	TBW 5:30–6:15pm Fred (L1)	TBW/ Healthy Joint 11:30am–12:15pm Maryann (L1)		
	TBW/Beginner 6:00–6:45pm Erika (All)				

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.

Beginner: Session is designed for individuals who are new to strength training. Full-Body workout designed to strengthen the upper and lower body.

Strength: Strengthen and condition your entire muscular system with a 45 min workout on the Total Gym.

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

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

DROP-IN CLASS OPTION

When not registering for the month the cost to drop-in to a class is \$18/class for members and \$23 for non-members.

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.