



# MOVE FOR FUN TRAIN FOR LIFE

GRAVITY Training  
MISSION VALLEY YMCA  
SEPTEMBER 2017

## MONDAY

### Pilates

7:15-8:00 a.m.

Shauna (All)

### TBW/Healthy Joint

9:30-10:15 a.m.

Jeff (All)

### TBW/Healthy Joint

10:30-11:15 a.m.

Jeff (All)

Member: \$40  
Participant: \$54

## TUESDAY

### TBW

7:15-8:00 a.m.

Cara (All)

### TBW/Yoga

8:30-9:15 a.m.

Deborah (L2)

### TBW/Healthy Joint

10:30-11:15 a.m.

Jeff (All)

### TBW

6-6:45 p.m.

Deborah (All)

Member: \$40  
Participant: \$54

## WEDNESDAY

### Pilates

7:15-8:00 a.m.

Ruth (All)

### TBW/Healthy Joint

9:30-10:15 a.m.

Jeff (All)

### TBW

10:30-11:15 a.m.

Jeff (All)

### Core

5:30-6:15 p.m.

Jill (L3)

Member: \$40  
Participant: \$54



## THURSDAY

### TBW

6:15-7 a.m.

Ruth (All)

### TBW

8:30-9:15 a.m.

Ruth (L2)

### TBW Blast

11:30 a.m. - 12:15 p.m.

Amy (All)

Member: \$40  
Participant: \$54

## FRIDAY

### TBW/Pilates

7:15-8:00 a.m.

Cara (All)

### Core

9:30-10:15 a.m.

Cara (All)

Member: \$50  
Participant: \$68

## SATURDAY

### TBW

7:15-8:00 a.m.

Cara (All)

### TBW

8:15-9:00 a.m.

Cara (All)

### Core

9:15-10:00 a.m.

Jill (L3)

Member: \$50  
Participant: \$68

## SUNDAY

### TBW

9:30-10:15 a.m.

Jill/Deborah (All)

Member: \$40  
Participant: \$54

### CLASS LEVELS

- (All) All fitness levels welcome. Arrive early if first time participant.
- (L2) Have taken prior Gravity class. Currently physically active.
- (L3) Experienced on Total Gym equipment. Conditioned & physically active.

All classes subject to change. All classes have a minimum of four and a maximum of ten people.



# GRAVITY

Train smart and harness the power of GRAVITY bodyweight training for the most time-efficient and transformative total body workout you'll ever encounter.

## GRAVITY TRAINING REGISTRATION

- Classes are sold in monthly sessions based on the number of classes offered each month.
- All monthly sessions must have a minimum of four and a maximum of ten people.
- Registration opens at start of prior month.
- Register online at [missionvalley.ymca.org](http://missionvalley.ymca.org), visit the Welcome Center, or call 619-298-3576.
- **Reserved Registration** for the following month is offered to members in the current month's session who enrolled **before the first of the month**.
- Reserved registration payment is required the 1st-7th of each month. If registering online, select the "balance due" tab.

## GRAVITY MAKE-UP CLASS INFORMATION & POLICY

- **GUARANTEED MAKE-UP CLASSES:**
  - When you email Cara, indicate you would like a "Guaranteed Make-Up"
  - Please include your desired make-up class choice; ensure your make-up date is within 30 days of the original missed class.
  - If spots are available, Cara will confirm your guaranteed spot and you are all set — just attend the agreed upon class!
  - If not available, Cara can help you find a different class that fits your needs and reserve a guaranteed spot.
- **MAKE-UP TICKETS:**
  - When you email Cara, ask her for a "Make-Up Ticket"
  - Ticket will be issued by Cara and left for you at the Welcome Desk upon her email confirmation.
  - You can pick up your ticket from the front desk at any time after you receive the confirmation email.
  - Present the ticket to the instructor at the beginning of any class that has an open machine available. We recommend that you arrive 10 minutes early before class begins.
  - Priority of the ticket is equal to a drop-in (first come, first served basis), but cannot take the place of a registered monthly member.
- **DROP-IN CLASSES:** We no longer offer 30 min. classes. If space is available, drop-ins are available and sold up to one hour before class: 45 min. classes \$12/members and \$15/participants.

**PLEASE NOTE: MAXIMUM TWO MAKE-UP CLASSES PER SESSION**



The Power is in **YOU**

## CLASS DESCRIPTIONS

### Core

Significant focus on core awareness, muscular activation and balanced strengthening to the core 'powerhouse'.

### Healthy Joint

Combine total body conditioning with specific exercises to improve optimal joint function of the lower back, shoulder, and knee.

### Pilates

A blend of traditional Pilates reformer and mat exercises designed to fit all levels of participant fitness.

### Strong & Lean

Combines strength and stretching that will not only build muscular endurance, but increase flexibility as well. Workout involves a full range of movements strategically designed to enhance mobility and stability.

### Yoga

Total body conditioning, incorporating a series of postures that focus on the release of tension and stress. Concentration on breathing and relaxation techniques that are gentle on the joints.

### TBW (Total Body Workout)

Comprehensive full-body workout to condition cardiovascular, muscular fitness and to enhance flexibility.

For more information on  
GRAVITY, please contact

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or 619-298-3576, ext. 12046