



# MOVE FOR FUN TRAIN FOR LIFE

## GRAVITY Training MISSION VALLEY YMCA DECEMBER 2018

### 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)

**TBW**  
4:00-4:45 p.m.  
Ruth (All)

Member: \$50  
Participant: \$68

### TUESDAY

**TBW**  
7:15-8:00 a.m.  
Cara (All)

**TBW/Yoga**  
8:30-9:15 a.m.  
Deborah (L2)

**TBW/Healthy Joint**  
9:30-10:15 a.m.  
Jeff (All)

Member: \$30  
Participant: \$41

### WEDNESDAY

**Pilates**  
7:15-8:00 a.m.  
Ruth (All)

**TBW/Healthy Joint**  
9:30-10:15 a.m.  
Jeff (All)

**TBW/Healthy Joint**  
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**  
9:30-10:15 a.m.  
Cara (All)

**TBW/Active Stretch**  
10:30 a.m. - 11:15 a.m.  
Carolyn (All)

**TBW/Pilates**  
11:30 a.m. - 12:15 p.m.  
Carolyn (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: \$40  
Participant: \$54

### 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: \$50  
Participant: \$68

#### 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.

#### PRICE BREAKDOWN

\$10/class  
\$12/drop-in

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, 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 ONE 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.

### 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.

### Active Stretch

Significant focus on improving and increasing flexibility and body awareness. Balance exercises designed to correct and strengthen overall muscle function.

**For more information on GRAVITY, please contact**

**Cara Beltran:**

**[cbeltran@ymca.org](mailto:cbeltran@ymca.org)**

**or 619-298-3576, ext. 12046**