the YMCA

YMCA OF SAN DIEGO COUNTY
COMMUNITY WELL-BEING & BELONGING

GRAVITY®

MON	**Pilates** 8:10-9:00am Shauna **(L1)**	**TB** 9:30-10:15am Cara **(All)**	**TB** 10:30-11:15am Cara **(All)**
TUE	**TB** 9:00-9:45am Cara **(All)**	**TB** 11:30-12:15pm Julie	**TB** 6:00-6:45pm Erika **(L1)**
WED	**TB** 9:30-10:15am Cara **(All)**	**TB** 10:30-11:15am Fred **(All)**	
THU	**TB** 9:00-9:45am Cara **(All)**	**TB** 10:30-11:15am Julie **(All)**	
FRI	**Pilates** 7:15-8:00am Maryann **(L1)**	**Fusion** 9:45-10:30am Jill **(All)**	
SAT	**TB** 8:15-9:00am Julie **(All)**	**TB** 9:30-10:30am Jill **(All)**	

TOTAL BODY

Comprehensive full-body strength workout to condition cardiovascular, muscular fitness, and to enhance flexibility. Strengthen and condition your entire muscular system with a 45-min workout on the Total Gym.

PILATES

A blend of traditional Pilates reformer and mat exercises designed to fit various fitness levels. Participants will use specific Pilates accessories to improve strength and flexibility.

FUSION

Combine total body conditioning with specific exercises to improve balance, joint function, and body awareness. Significant focus on correct muscle function and core awareness is emphasized throughout the workout.

CLASS LEVELS

L1: Familiar with strength training.

All: All fitness levels welcome. Arrive early if first-time participant.

For pricing, visit welcome desk or contact Cara Beltran at cbeltran@ymcasd.org
Space is limited to ten participants per class. All classes subject to change.