



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

GRAVITY[®]

MON

Pilates	TB	TB
8:10-9:00am Shauna (L1)	9:30-10:15am Cara (All)	10:30-11:15am Cara (All)

TUE

TB	Fusion	TB	TB
9:00-9:45am Cara (All)	10:30-11:15am Deborah (L1)	11:30-12:15pm Julie (L1)	6:00-6:45pm Erika (All)

WED

TB	TB	TB
9:30-10:15am Cara (All)	10:30-11:15am Fred (All)	5:30-6:15pm Fred (L1)

THU

TB	TB
9:00-9:45am Cara (All)	10:30-11:15am Deborah (All)

FRI

Pilates	Fusion
7:15-8:00am Maryann (L1)	9:45-10:30am Jill (All)

SAT

TB	TB
8:15-9:00am Amy (All)	9:30-10:15am 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.

Register at Welcome Desk.

 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.

