

GRAVITY®

The Gravity system is a cable pulley system with a rolling glide board that has adjustable levels of incline. This unique system puts body weight against gravity for resistance that remains constant through a full-range of motion. With over 200 possible exercises on one single machine — Gravity offers the most versatile and challenging total body workout for any ability level.

GRAVITYGroup® Exercise Classes

GRAVITYGroup® is a series of fun and dynamic muscular endurance and strength exercises set to music. Classes are time-efficient, effective and designed to work the entire body.

BENEFITS:

- Increases muscular strength and flexibility
- Increases power, balance and endurance
- Enhances core strength

FEE: \$15 single class
\$50 for 5 classes
\$80 for 10 classes

GRAVITYGroup® Class Levels

- Level 1** Appropriate for all individuals looking for a comprehensive, total body workout. Perfect for those who are new to GRAVITY.
- Level 2** Geared towards those who have some GRAVITY experience or who have a good foundation of general fitness. These classes will move at a quicker pace, transitioning from exercise to exercise.
- Level 3** For those who have taken several GRAVITY classes or have a higher level of fitness conditioning and feel they can benefit from a more challenging workout.

**For more information, please contact
Carolyn Wisdom, Mind/Body Coordinator
at 619-298-3576, ext. 2203.**

GUIDELINES:

- Packages can be used for up to 6 months after the purchase date.
- Due to limited class size, all cancellations need to be made 24 hours in advance. Cancellations made less than 24 hours in advance are non-refundable.
- For those who have a class time/day that is preferred, reservations can be made up to 6 weeks in advance.
- Although reservations are taken, they are not required. If there are spots open, feel free to sign up at the front desk prior to taking a class!
- No refunds are provided on any class packages.
- Class packages are for YMCA members only.

INSTRUCTORS

Deb Arsenault
Robin Beltran
Sarah Cushman
Jill Giddings
Kendall Holmes
Lori Levine

Claire Maund
Bernadette Morgan
Maryann Nowell
Flo Pierce
Erica Tollefson
Joanne Walters

GRAVITYGroup® Class Descriptions

Balance & Strength This class will incorporate the use of medicine balls, in addition to the GRAVITY machine, to perform exercises designed to improve posture, strength and balance.

GRAVITY Cardio Gain strength and cardiovascular benefits in this energizing class.

Pilates GRAVITY A Pilates workout on the GRAVITY machine; emphasizing core strength and stability, and overall flexibility.

Pilates Fusion This class combines the best that strength training and Pilates have to offer. Strengthen your core and heighten your awareness of proper body alignment by performing exercises adapted from the Pilates reformer.

Strength Fusion A class focused on total body strengthening, with an emphasis on core strength and stability.

Total Body Conditioning A comprehensive workout designed to work the entire body.

Total Body Strength An intense workout designed to develop integrated strength between the upper body, lower body and core.

GRAVITYGroup®

Hazard Center YMCA

NOVEMBER 2009

GRAVITYGroup®

*Schedule subject to change
Please view our website for the most
updated schedule.*

Hazard Center Facility Hours:

Monday-Thursday5:00 a.m.-9:00 p.m.
Friday5:00 a.m.-8:00 p.m.
Saturday.....7:00 a.m.-5:00 p.m.
Sunday.....7:00 a.m.-1:00 p.m.

**Kids Place is not available at
this location.**







Hazard Center YMCA

7610 Hazard Center Drive #101
619-298-3576, ext. 2201
www.missionvalley.ymca.org



YMCA GRAVITYGroup® Class Schedule NOVEMBER 2009

PLEASE NOTE: Hazard Center YMCA is CLOSED Thanksgiving Day (11/26), but will open from 9am-12pm for a special, "Turkey Day" Workout.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 a.m. - 8:00 a.m. Pilates Fusion Level 3 <i>Sarah</i>		7:15 a.m. - 8:00 a.m. Pilates Fusion Level 3 <i>Sarah</i>		7:15 a.m. - 8:00 a.m. Pilates Fusion Level 3 <i>Sarah</i>		
8:00 a.m. - 8:45 a.m. Balance & Strength Level 2 <i>Lori</i>		8:00 a.m. - 8:45 a.m. Pilates Fusion Level 2 <i>Deb</i> 		8:00 a.m. - 8:45 a.m. Balance & Strength Level 2 <i>Deb</i>		
	9:00 a.m. - 9:45 a.m. Total Body Conditioning All Levels <i>Lori</i>				9:00 a.m. - 9:45 a.m. Strength Fusion/ Core Challenge All Levels <i>Jill</i>	9:15 a.m. - 10:00 a.m. Total Body Strength All Levels <i>Claire</i>
10:15 a.m. - 11:00 a.m. Total Body Strength All Levels <i>Robin</i>			10:00 a.m. - 10:45 a.m. Strength Fusion Levels 2-3 <i>Maryann</i>			
			12:00 p.m. - 12:45 p.m. Gravity All Levels <i>Flo</i>			
				4:15 p.m. - 5:00 p.m. Total Body Strength All Levels  <i>Robin</i>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>FREE</p> <p>15-MINUTE DEMO</p> <p>Friday • 10:30 a.m. Bernadette</p> <p>Please sign-up at the Member Service Desk. Meet at Gravity door.</p> <p>Free to members</p> </div>	
5:30 p.m. - 6:15 p.m. Total Body Strength All Levels <i>Claire</i>	 5:30 p.m. - 6:15 p.m. Bootcamp All Levels <i>TBD</i>	5:30 p.m. - 6:15 p.m. Strength Fusion/Core Challenge All Levels  <i>Jill</i>	5:30 p.m. - 6:15 p.m. Total Body Conditioning Levels 2-3 <i>Erica</i>	5:30 p.m. - 6:15 p.m. Gravity All Levels <i>Joanne</i>		

All classes held at the Hazard Center YMCA, Studio 1