

EMPOWER YOURSELF THROUGH GRAVITY TRAINING

Maximize the efficiency, time and effect of your workouts. GRAVITY™ delivers a complete combination of strength, flexibility and low intensity cardio in a 40 minute group workout.



Fee Per Class: \$21 member | \$26 non-member (non-members pay an additional day use fee)
Purchase 10 sessions and receive a \$30 price break!

To reserve your place in Gravity Class come by the Strength Training Center desk with proof of purchase and ask the instructor to sign you up. Payment for classes accepted at the Registration desk or Courtesy Counter 1.

PLEASE BRING YOUR PAPER RECEIPT TO CLASS AND GIVE TO YOUR INSTRUCTOR.

All classes are 40 minutes in length and are held in the West Lobby.

NEW CLASS SCHEDULE EFFECTIVE OCTOBER 12, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM (Natalie)		5:30 AM (JoAnn)			
6:30 AM TRX Fusion (Leanne)	7:00 AM (Leanne)	6:30 AM TRX Fusion (Leanne)	7:15 AM (Lindsay)		8:00 AM* (Ann)
9:00 AM (Leanne)	9:00 AM (Leanne)		9:00 AM (Leanne)	9:00 AM (Leanne)	8:45 AM† (Ann)
10:00 AM (Leanne)				12:00 PM (Carrie)	
3:30 PM (Carolyn)					
5:15 PM (Katherine)		5:15 PM (Keely)	5:15 PM (Keely)		
	6:45 PM TRX Fusion (Mimi)				

*GRAVITY™ LITE—This class is geared to people just getting started on Gravity.™ | †GRAVITY™ POWER CIRCUIT

If you are not at your class within 10 minutes of the start time, you will be charged and your spot will be given away.

Kindly cancel 24 hours in advance.

Private instruction available by appointment. Prices range from \$38–\$53 depending on the number of sessions purchased.

For more information contact Shannon Hughes at 760.942.9622 x1419 or email shughes@ymca.org.

