



# GRAVITY®

## 1 on 1

### Personal Training

Incline Resistance Training on GTS® provides a workout and results that cannot be achieved on any other piece of equipment. Participants use their body weight as resistance against the pull of gravity. This controlled movement of the body through gravitational force on a free rolling glideboard, encourages an unrestricted flow of multi-plane movement that recruits multiple muscle groups synergistically while working the core stabilizers. Over 200 biomechanically correct exercises make it the most versatile piece of fitness equipment. Personal training gives the participant one on one special training. Personal training on the GTS® can accommodate all fitness levels and specific needs.

<b>20 Sessions</b>	<b>\$ 39</b> <i>each</i>
<b>10 Sessions</b>	<b>\$ 44</b> <i>each</i>
<b>5 Sessions</b>	<b>\$ 49</b> <i>each</i>
<b>1 Sessions</b>	<b>\$ 59</b> <i>each</i>

**SPA 23**

FITNESS AND LIFESTYLE

381 Route 23 Pompton Plains NJ 07442 (973) 839-8823

ALL sessions must be used within 90 days of purchase. Pricing for current members. If you reserve a GRAVITY unit you must cancel no less than 24 hours in advance or you will be charged.

