



Effective 12/8/15

**Sign Up for Your Free GRAVITY demo!!**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>9:30am</b>					<b>GRAVITY</b> TRANS:FORM		
<b>10:30am</b>			<b>GRAVITY</b> TRU:FORM				
<b>11:30am</b>		<b>GRAVITY</b> <b>11:45AM</b> TRANS:FORM		<b>GRAVITY</b> <i>RIDE &amp; GLIDE</i>		<b>GRAVITY</b> <b>11:00AM</b> <i>RIDE &amp; GLIDE</i>	
<b>4:30pm</b>					<b>GRAVITY</b> TRANS:FORM		
<b>5:30pm</b>	<b>GRAVITY</b> TRU:FORM						
<b>7:00pm</b>		<b>GRAVITY</b> TRANS:FORM		<b>GRAVITY</b> TRU:FORM			

Sign Up Now for our introductory price of \$39.<sup>99</sup> a month for Unlimited GRAVITY. Pricing is for current members. See membership for Details

Cancellations must be 24 hours in advance or you will be charged a \$10 fee.

**GRAVITY is TRU:FORM & TRANS:FORM**

## **TRU:FORM™**

Total Body Functional Conditioning

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Total-body functional conditioning sessions that maximize efficiency and effect. Focusing on strength, endurance, mobility and stability, you'll experience confidence building inch loss and body composition changes that will frame your road to success quickly. Work at your level of ability and pace, with personalized coaching in a spirited, music-led group setting, on Total Gym GTS. Effective and safe for all ages and skill levels. 40 to 50-minute sessions.

## **TRANS:FORM™**

Strength, Endurance, Transformative Corework

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Endurance, strength and compound movement training that integrates core conditioning at every turn, twist and bend. Experience transformative physical results with goal achieving effect at every level of ability. Vigorous music-led group training with personalized training on Total Gym GTS. 40 to 50-minute sessions.

## **PER:FORM™**

Dynamic, High Intensity Power Sessions

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Integrative sessions that offer a variety of functional equipment and training methods to increase agility, strength, explosive power and mobility. Expect circuits, indoor cycling intervals, suspension and reactive training, and more in these high-octane, cardio-based team-training sessions. 40 to 50-minute sessions.