



Effective 8/29/2019

**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 Strength</b>		
<b>10:30am</b>							
<b>11:30am</b>		<b>Gravity 11:45am Strength</b>				<b>gravity 11:00am RIDE &amp; GLIDE</b>	
<b>4:30pm</b>					<b>GRAVITY Strength</b>		
<b>5:30pm</b>	<b>GRAVITY Strength</b>						
<b>7:00pm</b>		<b>GRAVITY Strength</b>		<b>Gravity Strength</b>			

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 Strength-** is a total body work out. It is great for legs, arms, glutes, and core. It's a 45 min class with great music. Everyone is successful the very first time. You will get fast results and it is very gentle on the joints of the body. The Gravity machine uses a percentage of your bodyweight for resistance. It's Safe , Fun , and effective!!!

**Ride and Glide-** uses the Spin Bike half of the class and the Gravity machine the other half. Cardio and Strength!!!

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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.

