



GRAVITY AT THE HAC



horshamathleticclub
400 Horsham Road
Horsham Pa, 19044 215-675-4535
www.horshamathletic.com

MONDAY

Gravity Blast
9:30 - 10:15 AM
Jewel

Gravity Flex
5:30 - 6:15 PM
Jewel

Gravity Blast
6:30 - 7:15 PM
Jewel

TUESDAY

Gravity High Voltage
6:30 - 7:15 PM
Dorie

WEDNESDAY

Gravity Flex
9:00 - 9:45 AM
Jewel

Gravity Flex
5:30 - 6:15 PM
Holly

Gravity Blast
6:30 - 7:15 PM
Holly

THURSDAY

Gravity Blast
9:30 - 10:15 AM
Holly

Gravity High Voltage
12:00 - 12:45 PM
Jewel

Gravity High Voltage
5:30 - 6:15 PM
Jewel

FRIDAY

Gravity Blast
8:15 - 9:00 AM
Jewel

SATURDAY

Gravity Boot Camp
7:30 - 8:30 AM
(select Saturdays) Holly

Gravity Flex
9:00 - 9:45 AM
Dorie

SUNDAY

Gravity High Voltage
9:30 - 10:15am
Dorie



= New class or time!

Ask about our Gravity Blast Parties Up to 12 Friends & Lots of Fun! (By Reservation Only)

Gravity Blast, Gravity High Voltage, Gravity Flex, Gravity Boot Camp:

Muscular endurance training using your own body weight on a cable and pulley system. Benefits include increasing muscular strength, metabolic rate, endurance, improved posture and core strength, proprioception, balance and a whole lot more!

Hear What Our Members Have To Say...

"Gravity Training is a unique, challenging, full body workout that has kept me fit and trim for years." - Patty G.

"I am coming up on 7 years of Gravity classes, 4x a week, and no class has been repeated! Classes are always fresh, motivating, tests of strength, yet individualized." - Jacque B.

"This program is not just an exercise program for me. It has been life changing. I have never felt stronger or more empowered. It has allowed me to feel that age is only a number." - Jess F.

"I knew that after almost 30 years of dedicated workouts, I had finally found the best kept secret." - Deb C.

Group Trainings with less than 5 members are subject to cancellation. Strict 6 hour cancellation notice is required for all group apparatus programs. STRICT 24 hour cancellation notice required for all private trainings. There are no exceptions to this policy. *Please have hair pulled back, no baggy clothes - shorts not recommended.

215.675.4535 ext. 104

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Ask about a complimentary trial session