



GRAVITY AT THE HAC



www.horshamathletic.com
www.thegravitycenter.com

400 Horsham Road
Horsham, PA 19044
215-675-4535 X 104

MONDAY

Gravity Blast
9:30 - 10:15 AM
Holly

Gravity Flex
5:30 - 6:15 PM
Dorie

Gravity Blast
6:30 - 7:15 PM
Dorie

TUESDAY

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

**Ask about a
Gravity Blast Party
for up to 12 friends!
By reservation only.**

WEDNESDAY

Gravity Flex
9:00 - 9:45 AM
Dorie

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
Holly

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

FRIDAY

Gravity Blast
8:15 - 9:00 AM
Holly

SATURDAY

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

Gravity Flex
9:00 - 9:45 AM
Dorie

SUNDAY

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

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 muscle mass, metabolic rate, endurance, improved posture and core strength, and more!

What Do Members Have To Say?

"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.

TRY IT FREE!

Did you know you get one free demonstration and one free gravity class with your HAC membership?

**Contact Holly Fosnot at
holly@horshamathletic.com
to get started!**

KEY

Morning Lunch Evening

 = New!