



# GRAVITY AT THE HAC



**horshamathleticclub**

www.horshamathletic.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

### Gravity Pilates

6:30 - 7:15 PM

Sandy



## 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

## What Is Gravity Training?

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

