



Group Workouts. Individual Results.

Updated July 10, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:00 AM	Strength	12:00 PM	Sculpt	9:00 AM	Strength	6:00 AM	Strength
12:30 PM	Pilates	5:00 PM	Pilates	12:30 PM	Pilates	9:30 AM	Strength
5:30 PM	Strength	6:45 PM	Bike	5:30 PM	Sculpt	12:00 PM	Sculpt
6:45 PM	Circuit			6:45 PM	Circuit	5:30 PM	Bike
FRIDAY		SATURDAY		SUNDAY		6:45 PM	Pilates
9:00 AM	Strength	9:00 AM	Strength	8:00 AM	Bike	Classes subject to change	
12:30 PM	Pilates	10:15 AM	Pilates	9:30 AM	Sculpt		
Classes recommended for beginners are highlighted in purple							

Pull You Weight | Push Your Limits

Small class sizes paired with low-impact training on the Total Gym equipment makes GRAVITY a great fit for all fitness levels. Create a personalized routine from our 5 core classes, ranging from Pilates to Strength, Sculpt, Circuit, and Bike!

All classes are only 55 minutes!

