



GRAVITY[®]
Group Workouts. Individual Results.

Updated December, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:00 AM	Cardio Strength	12:00 PM	Cardio Sculpt	9:00 AM	Bike	9:30 AM	Strength
12:30 PM	Pilates	5:00 PM	Pilates Series	12:30 PM	Pilates	12:00 PM	Sculpt
5:30 PM	Tabata	6:30 PM	Bike	4:30 PM (30 mins)	Abs/arms * 6-week series		
6:45 PM	Barre-Strength			5:30 PM	Sculpt	5:30 PM	Bike
				6:45 PM	Cardio Circuit	6:45 PM	Pilates
FRIDAY		SATURDAY		SUNDAY			
9:00 AM	Strength	7:30 AM	*Boot-Camp	9:30 AM	Sculpt	*Classes subject to change *Select Dates	
12:30 PM	Barre-lates	9:00 AM	Strength				
						New class or series	

Pull Your Weight | Push Your Limits

Small class sizes paired with low-impact training on the Total Gym boards makes GRAVITY a great fit for all fitness levels and all ages. Try out any of our classes ranging from Mind &Body such as Pilates and Barre, to fitness formats and cardio like Strength and Bike! There is something for everyone in the Gravity Studio!

Questions, comments, or concerns please email Kelle Davis at horsham@gravitygymstudio.com

