



GRAVITY AT THE HAC



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

MONDAY

Gravity Blast

9:30 am - 10:15 am
Donna

Gravity High Voltage

12:15 pm - 1:00 pm
Holly

Gravity Flex

5:30 pm - 6:15 pm
Jewel

Gravity Blast

6:30 pm - 7:15 pm
Jewel

TUESDAY

Gravity High Voltage

6:30 pm - 7:15 pm
Jeffrey

WEDNESDAY

Gravity Flex

9:00 am - 9:45 am
Jewel

Gravity Flex

5:30 pm - 6:15 pm
Holly

Gravity Blast

6:30 pm - 7:15 pm
Holly

THURSDAY

Gravity Blast

9:30 am - 10:15 am
Holly

Gravity High Voltage

5:30 pm - 6:15 pm
Jewel

FRIDAY

Gravity Blast

8:15 am - 9:00 am
Jewel

SATURDAY

Gravity Boot Camp

7:30 am - 8:30 am
(select Saturdays) Holly

*Gravity Flex

8:45 am - 9:30 am
Select Saturdays

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 a whole lot more!

Gravity Pilates Reformat:

Strengthen and lengthen your entire body through controlled precise movements. Most popular method for toning, flexibility training, improving posture, body alignment and core strength.

MVe Pilates Chair:

Fusion of strength, cardio, Pilates set to up-beat music. A unique and fun experience for all fitness levels.

Pilates Reformer:

Classical Pilates method that helps to improve back flexibility, intrinsic core strength, body alignment and use of breath.

P90X Remix:

30 minute workout for the busy adult who needs a full-body workout using the most well-known, results driven program in the world.

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. All pilates apparatus workouts, please do not wear shoes.

215.675.4535 ext. 104

www.TheGravityCenter.com

Ask about a complimentary trial session