



GRAVITY[®]
Group Workouts. Individual Results.

Updated September, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:30 AM	Cardio Strength	12:00 PM	Cardio Sculpt	9:00 AM	Bike	9:30 AM	Strength
12:30 PM	Pilates	5:00 PM	Pilates	12:30 PM	Pilates	12:00 PM	Sculpt
4:30PM 6-week series 9/23/19	HIIT Express	6:30 PM	Bike	5:30 PM	Sculpt	5:30 PM	Bike
6:00 PM	Tabata			6:30 PM	Tabata	6:45 PM	Pilates
7:00 PM	Strength						
FRIDAY		SATURDAY		SUNDAY			
9:00 AM	Strength	7:30 AM Select Saturdays	Boot-Camp	8:30 AM 6-week series 10/1/19	Target Muscle Training	*Classes subject to change *Select Dates New time or series	
12:30 PM	Pilates	9:00 AM	Strength	9:30 AM	Sculpt		

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 Holly Fosnot at holly@horshamathletic.com