



GRAVITY[®]
Group Workouts. Individual Results.

Winter 2020

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	5:30 PM	Bike	12:30 PM	Pilates	12:00 PM	Sculpt
		6:45 PM	Sculpt	4:30PM	Strength	5:30 PM	Bike
6:00PM	Tabata			5:30 PM	Sculpt	6:45 PM	Sculpt
7:00 PM	Strength			6:30 PM	Tabata		
FRIDAY		SATURDAY		SUNDAY			
7:30 AM	Muscle Target	8:00 AM Select Saturdays	Boot-Camp	8:30 AM	Muscle Target	*Classes subject to change *Select Dates New time or series	
9:00AM	Strength	9:00 AM	Strength	9:30 AM	Sculpt		
12:30PM	Pilates						

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

