

GRAVITY TRAINING SCHEDULE

Effective May 1st through June 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:15 – 8am Total Body Gravity Jennifer	7:15 – 8am Total Body Gravity Jennifer		
	10 -10:45am Total Body Gravity Registration Ana	10:30 – 11:15am *Light Gravity* Registration Nicole			10:30 – 11:15am Total Body Gravity Jennifer
11 – 11:45am *Light Gravity* Registration Nicole			11 – 11:45am *Light Gravity* Registration Jennifer		
12 – 12:45pm Intermediate Gravity Stacey		5:30 – 6:15pm Total Body Gravity Gillian		12 – 12:45pm Total Body Gravity Jennifer	

What is the Gravity Training System? The GRAVITY System™ is so named because at all times and in all places our bodies are being acted upon by gravity. It is the most consistent force encountered by our bodies and behaves in a predictable way. How logical is it then to train our bodies to become stronger in the very same environment? The GTS incorporates a complete series of exercises to train the entire body all in one centre without the need to move from machine to machine and uses your own body as the resistance.

The workouts you can expect to experience on the GTS are comprehensive, effective, time efficient and FUN! Set to music and led by a certified Gravity trainer, you will be coached and motivated to reach your strength and fitness goals.

Total Body Gravity: A “fundamental” 45-minute full body class Suitable for all levels. Emphasis is on form and precision of movement.

Intermediate Gravity: High Intensity Interval Training for the advanced athlete looking to take their fitness workout to the next level.

***Light Gravity*:** A full body class suitable for beginners who are looking to increase their lean muscle mass in a safe and effective space. *Registered Program. Speak with Jason Espino, Manager of Personal Training Recreation & Leisure, for more information at jasone@mnjcc.org.*