

## Gravity Training Schedule Fall 2017

September 6 – December 22, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:15 – 8:00am Total Body Gravity <i>Jennifer</i>	7:15 – 8:00am Total Body Gravity <i>Liz</i>		
	10:00-10:45am Total Body Gravity Registration  <i>Ana</i>	10:30 – 11:15am *Light Gravity* Registration  <i>Liz</i>	10:00-10:45am Total Body Gravity Registration  <i>Ana</i>		10:30 – 11:15am Total Body Gravity  <i>Gillian</i>
11:00 – 11:45am *Light Gravity* Registration  <i>Liz</i>			11:00 – 11:45am *Light Gravity* Registration  <i>Liz</i>		
12:00 – 12:45pm Intermediate Gravity  <i>Stacey</i>				12:00 – 12:45pm Total Body Gravity  <i>Liz</i>	

### 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.

### Class Descriptions:

**Total Body Gravity:** A “fundamental” 45-minute full body class Suitable for all levels. Emphasis 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](mailto:jasone@mnjcc.org).\*