



gravity

fitness & spa, nyc

The basics

Where We're at 119 West 56th Street (between 6th and 7th Avenues) in the heart of midtown.

Phone 212.708.7340

Fax 212.708.7437

Convenient Hours

This place is available when you are.

gravity fitness and spa hours

Weekdays 6:00 AM - 11:00 PM

Weekends 7:00 AM - 8:00 PM

Pool hours

Weekdays 7:00 AM - 10:45 PM

Weekends 9:00 AM - 7:45 PM

The Place

Multi-level, 15,000 square feet. It's a huge state-of-the-art facility to do it all; from working out on top-notch equipment to relaxing and being taken care of by a staff that knows how to make you feel sooooo good.

Strength Training

Here's the short list of some of our way-cool tools: Hammer Strength, Cybex, MedX, Gravitron and a full range of free weights.

Cardio Conditioning

This place is jam packed with equipment definitely as good as the stuff you'd find in any professional sports gym; Lifefitness Treadmills, StarTrac Precision Cycling, Precor Elliptical Trainers, Tectrix Stair Climbers, rowers and ski machines.

Fitness Savvy Trainers

Fully certified training staff available for individual training sessions. FitLinxx™, a virtual personal training system. Top-seeded racquetball instructors.

Court Sports

Shoot hoops and relieve stress at the basketball and tournament-caliber racquetball courts.

Rooftop Swimming Pool

Swim on top of the world in the glass-enclosed penthouse pool with adjacent sundeck and views of the New York skyline and fabulous Central Park. Certified lifeguards are there when you need them.

The Newest Classes

We'll help you meet your goals. You'll feel and look great! Get in on all the hot classes: Yoga (hatha and kundalini), interval step, cardio kickboxing, spinning and salsa. Cardio Frenzy, Pilates, Freedom Stretch, Broadway Sweat, Power Sculpting, Sharqui' - yes, even belly dance workout. Or, for the fanatic, go Diesel for a custom-designed boot camp exercise class.

Luxurious Spa Services

Who doesn't want to be pampered? Massages available seven days a week. Swedish, Shiatsu, Sports, Pregnancy, Aromatherapy, Reflexology, Accupressure, Trigger Point Therapy and Medical/Deep Tissue. Facials featuring Dr. Hauschka skincare and holistic all-natural products are yours for the asking and so are body treatments and body waxing.

Membership that's worth it

gravity fitness and spa annual memberships for individuals and groups are available to the public. Or, if you want to spend a blissful day or two or three or more, you can do that too. Hotel guests have access for a nominal daily fee.