

3 APRIL through  
1 JULY 2017



119 W 56th Street  
New York, NY 10019  
212.708.7340

**CLUB HOURS:**

Mon-Fri 5am-10pm  
Sat-Sun 7am-8pm

**POOL HOURS:**

Mon-Fri 7am-10:30pm  
Sat-Sun 8am-8:45pm

Classes may have  
substitute instructors.

Classes subject to change.

THE LAWS OF GRAVITY

**MONDAY**

**6:30am AssKicker**  
60 min • Newton  
Dorothy

**7:30am Spin**  
60 min • Einstein  
Dorothy

**10am Restore Yoga**  
60 min • Einstein  
Dorothy

**12pm Kickboxing**  
45 min • Newton  
Dorothy

**12:30pm Spin**  
45 min • Einstein  
Greg

**1pm AssKicker**  
45 min • Newton  
Dorothy

**2pm Pilates**  
60 min • Einstein  
Dorothy

**5:45pm Yoga**  
60 min • Einstein  
Padma

**7pm Spin**  
60 min • Einstein  
Greg

**TUESDAY**

**7:30am Spin**  
60 min • Einstein  
Natasha

**10am Bone Strength**  
30 min • Einstein  
Dorothy

**10:30am Meditation**  
30 min • Einstein  
Dorothy

**12pm Spin**  
45 min • Einstein  
Dorothy

**1pm Cross X**  
45 min • Newton  
Noura

**2pm Yoga**  
60 min • Einstein  
Padma

**5:45pm Yoga**  
60 min • Newton  
Bernadette

**6pm Ride 'n' Lift**  
60 min • Einstein  
Noura

**7pm Commando**  
60 min • Newton  
Noura

**WEDNESDAY**

**6:30am Spin**  
45 min • Einstein  
Dorothy

**7:15am All About Abs!**  
30 min • Einstein  
Dorothy

**8am Yoga**  
60 min • Einstein  
Dorothy

**10am Stretch**  
60 min • Einstein  
Dorothy

**12pm Kickboxing**  
45 min • Newton  
Dorothy

**12:15pm Spin**  
45 min • Einstein  
Greg

**1pm T.E.A.M**  
45 min • 2nd Floor  
Dorothy

**5:45pm Spin**  
60 min • Einstein  
Greg

**6pm MELT/Yoga**  
60min • Newton  
Bernadette

**THURSDAY**

**7:30am Spin**  
60 min • Einstein  
Natasha

**7:30am Bottoms Up!**  
30 min • Newton  
Guillermo

**8am All About Abs!**  
30 min • Newton  
Guillermo

**10am Bone Strength**  
30 min • Einstein  
Dorothy

**10:30am Meditation**  
30 min • Einstein  
Dorothy

**12:15pm Commando**  
45 min • Newton  
Noura

**12:15pm Spin**  
45 min • Einstein  
Dorothy

**1pm All About Abs!**  
30 min • Newton  
Noura

**1:15pm Pilates**  
60 min • Einstein  
Dorothy

**5:45pm  
Yoga Workshop**  
120 min • Einstein  
Padma  
(see back for details)

**6:30pm Asskicker**  
60 min • Newton  
Noura

**FRIDAY**

**7am Spin**  
60 min • Einstein  
Noura

**7:30am Asskicker**  
60 min • Newton  
Natasha

**10am Bone Strength**  
30 min • Einstein  
Dorothy

**10:30am Meditation**  
30 min • Einstein  
Dorothy

**12:15pm Pilates**  
45 min • Einstein  
Dorothy

**1:15pm Cross X**  
45 min • Newton  
Dorothy

**1:15pm Spin**  
45 min • Einstein  
Greg

**6:30pm Spin**  
60 min • Einstein  
Greg

**SATURDAY**

**10am Spin**  
60 min • Einstein  
Greg

**SUNDAY**

**REST UP!**  
And if you absolutely  
can't, may we suggest  
**THE QUICKIE!!!**

WEEKLY  
HIGHLIGHT

**Ride 'n' Lift**  
Double the effort, double  
the result. Rise to the  
challenge and sweat it out  
with our new spin and weights  
interval routine. See you in class!  
**Tuesday 7:30am and 6pm**

# CLASS DESCRIPTIONS

## THE STANDARD

You can find these classes all over the world, but nobody does it better than gravity. You're sure to love our recipe for these tried and true favorites:

**Kickboxing:** Taking on an angry mob Bruce Lee style just got easier. Enjoy an **invigorating cardio workout while improving your kickboxing skills.**

**Spin:** Get ready for your own personal Tour de France with this cardio workout focused on **indoor group cycling.**

**Yoga:** Let our yoga gurus take you through an experience **ranging from Vinyasa to Hatha.** Each class will take into account the combined class level of expertise as well as interest, ensuring that there is never a dull moment. You'll be bending over backwards to attend

**A League of YOUR Own:** Anger Management at a different time? Spin at seven and not six? Ask us about hosting **your own Personal Group Fitness Class!** Name the sport, name the time and we make it happen! Ask your Front Desk Agent for details.

**You Earned It!** Treat yourself to an hour of Moonshine... at Moonshine Spa! Massages and Facials are tailor made to your needs, and **gravity members get a 10% discount** on all treatments! Call 212.708.7444 to schedule your treatment.

**MOON  
SHINE**

## THE SPECIALTY

So many things you can only find in New York- and these classes you can only find at gravity fitness. Fasten your seatbelts... you're about to go on the best fitness ride ever:

**Anger Management:** An opportunity to release aggression, hostility and anger, but also to **increase your strength and stamina.** This circuit boxing class will transform you from a contender to a champ in no time!

**AssKicker:** Exactly what it sounds like... your workout will include **athletic drills, strength training and cardio conditioning.** Recommended for all fitness levels.

**Body Shred Bootcamp:** Chase away the morning yawns with this **high energy, muscle toning class.** Get a better body through this combo of cardio, strength, endurance and core movements. Burn fat with every move and get energized for the day ahead.

**Commando:** Drop and give me 20! Get in touch with your G.I. Joe through **multiple intervals of military style boot camp.** We won't make you crawl through mud, but it's green light on everything else. Comply with the sergeant's rules and we promise to leave no (wo)man behind.

**Cross X:** Got chops? You better bring them to class. You will **squat, jump, sprint, crawl, and kick** until you can't stand it anymore, but you will still come back for more. **90 seconds bursts of high intensity movements** which will redefine the boundaries of endurance, discipline, and sweat. Let's face it: you can do anything for 90 seconds!

**Yoga Workshop:** We begin with a Hatha Vinyasa slow flow as a warm up and we move into standing tall in mountain pose, into down dogs... planks, side twists and lunges. Want more? Then stay on for part 2 when we go into balancing poses and Restorative yoga using props to restore the body in an effortless manner.

**Pilates:** Core intensive workout designed to **lengthen and strengthen the muscles** while bringing the body back to natural alignment.

**Restore Yoga:** Yoga specifically designed for **back care and improvement in balance.** Unwind the tight sore muscles in your body!

**Ride 'n' Lift:** Double the effort, double the result. Rise to the challenge and sweat it out with our new spin and weights interval routine. See you in class!

**T.E.A.M – Train, Endurance, Agility, Motivation**  
Take on other challengers in this timed circuit. Row, run, bike, burpees, cheer on your team mate and reach the finish line first. Bragging rights to those who work out hardest!  
atin beat. No passport necessary.

## THE STRETCH

Regardless of how you train, it's important to take that reparative moment for yourself. A stretch and relax will allow you to approach your next workout at 100%. Take that moment with these options:

**Meditation:** Economy got you anxious? Craving a centering break after a vigorous workout? Ohm will provide a **30-minute escape through meditation** including breathing and centering exercises.

**Stretch:** All that **stretching** without the poison gel filling!

**Don't come empty handed to class.**

Please bring your towel



and a bottle of water.



**Safety in Numbers**

When you **refer a friend** for membership, great things come your way - a new workout buddy AND some wonderful perks! Ask your Membership Guru for details!!