

2 JANUARY through
1 APRIL 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 Ride 'n' Lift
60 min • Einstein
Noura

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 • Newton
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

7am Spin
60 min • Einstein
Greg

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
60 min • Einstein
Padma

6:30pm Asskicker
60 min • Newton
Noura

FRIDAY

7am Spin
60 min • Einstein
Noura

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

2-4pm Hatha Flow Workshops
120 min • Einstein
Padma
(see back for details)

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!

Hatha Flow Workshops: It's time to practice those inversions, balancing, pranayama, and meditation. Each workshop will have a theme of its own. Open your mind and let our experts guide you through a state of deep relaxation. All equipment is provided.

Class dates: 1/14, 1/28, 2/11, 2/25, 3/11, and 3/25

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!!