

GRAVITY



NEW Open to Ages 11-16
Class size limited

The Gravity Training System targets five key muscle groups:
*biceps/triceps *back/chest *glutes/legs *shoulders *abdominals.

Youth classes consist of 30 minutes on the GTS machine followed by 15 minutes of cool down and stretching. Class size is limited to 11 and is controlled by a Certified Personal Trainer, specifically trained for the 11-16 year old youth set. Each week promises to be different and motivating. During the last 15 minutes of class the instructor will brainstorm healthy eating choices and motivate & encourage your youth.

The gravity-training machine uses functional exercise by engaging an individual's body weight as resistance. GTS utilizes a cable and pulley system, a free-motion glide board and is adjustable to nine different levels of resistance.

This 6 week course meets once a week.
This is a course for kids that will benefit from exercise, resistance training and healthy lifestyle choices.

Course #137 Friday 3:55-4:40pm
Begins Friday, October 8th
Cost: Members \$69
Nonmembers \$89
Drop in fee: M: \$15 N: \$20

The New
Spa 23

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