

GRAVITY

FITNESS & TENNIS

CLASS DESCRIPTIONS

ALL CLASSES FOR ALL LEVELS

Yoga/Pilates
stretching and conditioning

RHYTHM & FLOW
a fun fitness dance class.

AERIAL FITNESS
utilizing silk hammocks to enhance
freedom of movement. alleviate compression.

TRX
strength and conditioning utilizing the TRX suspension straps.

Body Sculpt
Condition, tone and sculpt your whole body.

MIIT
moderate intensity interval training.

UPDATED SCHEDULE BEGINS JULY 1ST

MONDAYS

Body Sculpt	9:00-10:00 am	GX Room	Katie
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TUESDAYS

MIIT	6:00-7:00 am	FT Room	Linda
TRX	12:00 - 1:00 pm	FT Room	Katie
Yoga/Pilates	5:30 - 6:30 pm	GX Room	Linsey
Aerial Fitness	5:20- 6:30 pm	Zen Den	Wendy

WEDNESDAYS

Body Sculpt	9:00- 10:00 am	GX Room	Katie
Rhythm & Flow	9:00- 10:00 am	Zen Den	Amber

THURSDAYS

MIIT	6:00-7:00 am	FT Room	Linda
Yoga/Pilates	9:00-10:00 am	Zen Den	Linsey
TRX	12:00-1:00 pm	FT Room	Katie
Aerial Fitness	5:30- 6:30 pm	Zen Den	Wendy

FRIDAYS

Rhythm & Flow	9:00-10:00am	Zen Den	Amber
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GRAVITYFITNESS-TENNIS.COM
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