



FITNESS & TENNIS

FALL 2020 GX SCHEDULE STARTING MONDAY, OCT 5TH

MONDAYS

Dance Barre	12:00 - 1:00 pm	Zen Den	Taylor/Amy
Body Sculpt	4:30 - 5:30 pm	GX Room	Katie

TUESDAYS

Yoga	9:00 - 10:00 am	Zen Den	Amy
TRX	12:00 - 1:00 pm	GX Room	Katie
Aerial Fitness	5:20 - 6:30 pm	Zen Den	Wendy

WEDNESDAYS

Rhythm & Flow	9:00 - 10:00 am	GX Room	Amber
TMA	12:00 - 1:00 pm	Do Jang	Oliver
Body Sculpt	4:30 - 5:30 pm	GX Room	Katie
High Fitness	6:00 - 7:00 pm	GX Room	Linsey

THURSDAYS

Pilates Mat	6:30 - 7:30 am	Zen Den	Linsey
Yoga	9:00 - 10:00 am	Zen Den	Amy
TRX	12:00 - 1:00 pm	GX Room	Katie
Aerial Fitness	5:20 - 6:30 pm	Zen Den	Wendy

FRIDAYS

Rhythm & Flow	9:00 - 10:00 am	GX Room	Amber
TMA	12:00 - 1:00 pm	Do Jang	Oliver

SATURDAY

High Fitness	9:15 - 10:00 am	GX Room	Linsey
Yoga	10:00 - 11:00 am	Zen Den	Taylor/Amy
Dance Barre	11:00 - 12:00 am	Zen Den	Taylor/Amy



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CLASS DESCRIPTIONS ALL CLASSES FOR ALL LEVELS

Pilates Mat

challenging yet safe method to increase core strength and agility.

Rythm & Flow

a fun fitness dance class.

Aerial Fitness

utilizing silk hammocks to enhance freedom of movement and alleviate compression.

Therapeutic Martial Arts (TMA)

martial art-style breathing and moving techniques to optimize health and performance.

Body Sculpt

condition, tone and sculpt your whole body.

High Fitness

a modern aerobics class with a unique twist!

Dance Barre

lift your spirits and strengthen your booty. Fresh moves, inspiring tunes.

TRX

strength and conditioning exercises utilizing the TRX straps

Yoga

integrating breath and movement for body alignment, strength, flexibility and recovery.

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