



FITNESS & TENNIS

SPRING 2021 GX SCHEDULE

MONDAYS

Aerial Yoga	4:30 - 5:30 pm	Zen Den	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	FT Room	Katie
Squeeze	4:30 - 5:30 pm	Zen Den	Amy

WEDNESDAYS

Stretch Max	6:30 - 7:30 am	Zen Den	Amy
Rhythm & Flow	9:00 - 10:00 am	GX Room	Amber
Body Sculpt	4:30 - 5:30 pm	GX Room	Katie
Balance Barre	4:30 - 5:30 pm	Zen Den	Amy
High Fitness	5:30 - 6:30 pm	GX Room	Linsey

THURSDAYS

Yoga	9:00 - 10:00 am	Zen Den	Amy
TRX	12:00 - 1:00 pm	FT Room	Katie
Squeeze	4:30 - 5:30 pm	Zen Den	Amy

FRIDAYS

Stretch Max	6:30 - 7:30 am	Zen Den	Amy
Rhythm & Flow	9:00 - 10:00 am	GX Room	Amber

SATURDAY

High Fitness	9:15 - 10:00 am	FT Room	Linsey
--------------	-----------------	---------	--------

GRAVITYFITNESS-TENNIS.COM
1970 WOODSIDE BLVD., HAILEY
208.788.7669



FITNESS & TENNIS

CLASS DESCRIPTIONS ALL CLASSES FOR ALL LEVELS

Rhythm & Flow

A fun fitness dance class.

Balance Barre

Focus on balance, conditioning and coordination, a complimentary class for other training modalities.

Body Sculpt

Condition, tone and sculpt your whole body.

High Fitness

A modern aerobics class with a unique twist!

TRX

Strength and conditioning exercises utilizing the TRX straps.

Yoga

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

Aerial Yoga

Take your training off the floor. Experience freedom from spinal compression and enhanced strength and flexibility.

Squeeze

A dynamic way to oxygenate, revitalize and de-stress. Utilizing the balls and bands.

Stretch Max

Jumpstart your morning and enhance your training to the max with a diverse blend of stretching techniques.

GRAVITYFITNESS-TENNIS.COM
1970 WOODSIDE BLVD., HAILEY
208.788.7669