

GRAVITY



- **Gravity** is a series of high intensity muscular endurance exercises that are designed to provide time-efficient, effective **full-body** workouts.
- Classes are approximately **45 minutes in length** and focus on muscle isolation and integration, challenging muscular strength and endurance while including unique core and stretching exercises.
- The use of body weight as the resistive factor against gravity produces an **individualized workout environment** that one can progressively increase in intensity as strength and performance improve.

Class Times @ CBRC

MON	TUE	WED	THU	FRI	SAT
7:30 AM		7:30 AM			

Class Times @ Fitness Express

MON	TUE	WED	THU	FRI	SAT
					8:00 AM
5:00 PM	5:00 PM	5:00 PM	5:00 PM		

Pre-Registration is required. For class availability at CBRC, please contact Kelli Thiederman at (509) 943-8416 ext. 121 and for Fitness Express contact the front desk at (509) 375-1370.

Gravity Rates:

Single Class:	\$9.00
10 Session Package:	\$90.00
20 Session Package:	\$180.00



Registration – Return to Fitness Binder

Member Name: _____ Member #: _____ Phone # _____

Codes (Circle one) Fit.Exp. 10pk: CCF8110 Fit.Exp.20pk: CCF8120 CBRC 10pk: F8110 CBRC 20pk:F8120

Payment: Cash _____ Check _____ Credit _____ Charge _____ Total _____ F.D. Initial _____