



Gravity Class Schedule

Fall 2009 Session II: Oct 19 – Dec 13

REGISTER EARLY, 26 of 31 Gravity classes have SOLD OUT since Spring 2009! For Fall, two Gravity machines were added to meet demand! Details and registration:

Student Recreation Center 252						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gravity Strength AM 7:20-8:20 AM <i>Sam</i>		Gravity Strength AM 7:20-8:20 AM <i>Sam</i>		<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> PICK 2 now available for Gravity classes, go online for details! </div>	
	Gravity Strength Express 12:10-12:50 PM <i>Nate</i>	Shift n' Lift Express 12:10-1:00 PM <i>Joanne</i>	Gravity Strength Express 12:10-12:50 PM <i>Nate</i>	Shift n' Lift Express 12:10-1:00 PM <i>Joanne</i>	Gravity Strength Express 12:10-12:50 PM <i>Ken</i>	Gravity Express Saturday 10:40-11:30 AM <i>Varies</i>
	Gravity Strength Afternoon 4:00-4:50 PM <i>Amanda/Jessica</i>	Gravity Pilates TTh 4:00-5:00 PM <i>Jill</i>	Gravity Strength Afternoon 4:00-4:50 PM <i>Amanda/Jessica</i>	Gravity Pilates TTh 4:00-5:00 PM <i>Jill</i>	Gravity Strength Afternoon 4:00-4:50 PM <i>Amanda/Jessica</i>	
	Shift n' Lift PM* 5:35-6:35 PM <i>Christa</i>	Gravity Core 5:10-5:40 PM <i>Jill</i>	Shift n' Lift PM* 5:35-6:35 PM <i>Christa</i>	Gravity Core 5:10-5:40 PM <i>Jill</i>	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> *Take Express Cycling on the Fitness Passport (4:55-5:25 PM) and get the ultimate cycling/strength training workout when you take the classes back to back! </div>	
	Gravity Pilates PM 6:40-7:40 PM <i>Natalie</i>		Gravity Pilates PM 6:40-7:40 PM <i>Natalie</i>			
		Gravity Strength PM 7:30-8:20 PM <i>Christa</i>		Gravity Strength PM 7:30-8:20 PM <i>Christa</i>		

The Gravity Training System

The Gravity Training System (GTS) is an all-in-one functional resistance training machine using cables and a pulley system with a free-motion guideboard. The tower is adjustable to 8 different levels of resistance making every workout ideal for beginners to advanced participants. Gravity classes promote functional exercise in a technique **that uses the participant's own body weight as resistance. The workout recreates everyday movements by** working several muscles and joints simultaneously, promoting stabilization rather than isolation. Exercises engage all muscle groups, and facilitate more than 250 strength training, stretching and Pilates exercises. The GTS allows the class to move quickly from one exercise to another for an effective and efficient workout!



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Class registrations must be completed online: urec.wsu.edu

	Member	Non-Member	Days	Time	Location
Gravity Strength Using the Gravity Training System, this is a time efficient, total body workout that uses your body weight as the resistance mechanism to increase muscular strength and endurance. Class includes warm up, workout, cool down, and stretching periods all guided by a trained instructor in a small group setting.					
Gravity Strength AM	\$34	NA	MW	7:20-8:20 AM	SRC 252
Gravity Strength Express	\$34	NA	MWF	12:10-12:50 PM	SRC 252
Gravity Strength Afternoon	\$40	NA	MWF	4:00-4:50 PM	SRC 252
Shift n' Lift PM*	\$34	NA	MW	5:35-6:35 PM	SRC 252
Shift n' Lift Express*	\$31	NA	TTh	12:10-1:00 PM	SRC 252
Gravity Core	\$17	NA	TTh	5:10-5:40 PM	SRC 252
Gravity Strength PM	\$29	NA	TTh	7:30-8:20 PM	SRC 252
Gravity Express Saturday	\$14	NA	Sat	10:40-11:30 AM	SRC 252

**Shift n' Lift is a ½ cycling and ½ Gravity strength training combo class.*

Gravity Pilates
 Using the Pilates method along with the Gravity Training System, this is a total body workout with special emphasis on the core of the body, increasing muscular strength and endurance and improving posture. Class includes warm up, workout, cool down, and stretching periods all guided by a trained instructor in a small group setting.

Gravity Pilates PM	\$38	NA	MW	6:40-7:40 PM	SRC 252
Gravity Pilates TTh	\$38	NA	TTh	4:00-5:00 PM	SRC 252

For classes within the Student Recreation Center (SRC), participants must gain access to the SRC through a membership, SRC Guest/Day pass, or SRC punch card. *Please note: classes are assessed for low registration at the end of the first week. Participants in classes with low registration will be given the option of a full refund or transfer into another class.