

Sept 23rd

through December 28th



119 W 56th Street
New York, NY 10019
212.708.7340

CLUB HOURS:
Mon-Fri 5am-10pm
Sat-Sun 7am-8pm

Classes may have
substitute instructors.

Classes subject to change.

MONDAY

6:30am AssKicker

60 min • Newton
Dorothy

7:30am Spin

60 min • Einstein
Dorothy

10am Restore Yoga

60 min • Einstein
Dorothy

12pm Kickboxing

45 min • Newton
Dorothy

12:30pm Spin

45 min • Einstein
Greg

1pm AssKicker

45 min • Newton
Dorothy

2pm Pilates

60 min • Einstein
Dorothy

7pm Spin

60 min • Einstein
Greg

TUESDAY

10am Bone Strength

30 min • Einstein
Dorothy

10:30am Meditation

30 min • Einstein
Dorothy

12pm Spin

45 min • Einstein
Dorothy

1pm Cross X

45 min • Newton
Noura

2pm Yoga

60 min • Einstein
Padma

5:45pm Yoga

60 min • Newton
Bernadette

6pm Spin

60 min • Einstein
Greg

7pm H.I.I.T.

60 min • Newton
Bernadette

WEDNESDAY

6:30am Spin

45 min • Einstein
Dorothy

7:15am All About Abs!

30 min • Einstein
Dorothy

8am Yoga

60 min • Einstein
Dorothy

10am Stretch

60 min • Newton
Dorothy

12pm Kickboxing

45 min • Newton
Dorothy

12:15pm Spin

45 min • Einstein
Greg

1pm T.E.A.M

45 min • Newton
Dorothy

5:45pm Spin

60 min • Einstein
Greg

6pm MELT/Yoga

60min • Newton
Bernadette

THURSDAY

7:00am Spin

60 min • Einstein
Greg

10am Bone Strength

30 min • Einstein
Dorothy

10:30am Meditation

30 min • Einstein
Dorothy

12:15pm Commando

45 min • 2nd floor
Noura

12:15pm Spin

45 min • Einstein
Dorothy

1pm All About Abs!

30 min • Newton
Noura

1:15pm Pilates

60 min • Einstein
Dorothy

6pm Yoga

60 min • Einstein
Padma

FRIDAY

7am Asskicker

60 min • Newton
Dorothy

10am Bone Strength

30 min • Einstein
Dorothy

10:30am Meditation

30 min • Einstein
Dorothy

12:15pm Pilates

45 min • Einstein
Dorothy

1:15pm Cross X

45 min • Newton
Dorothy

1:15pm Spin

45 min • Einstein
Greg

6:30pm Spin

60 min • Einstein
Greg

SATURDAY

10am Spin

60 min • Einstein
Greg

SUNDAY

REST UP!

And if you absolutely
can't, may we suggest

THE QUICKIE

**WEEKLY
HIGHLIGHT**

Cross X

Got chops? You better bring
them to class. You will **squat,**
jump, sprint, crawl, and
kick until you can't stand it
anymore, but you will still
come back for more.

**90 seconds bursts of
high intensity movements**

which will redefine the
boundaries of endurance,
discipline, and sweat.

Let's face it: you can do
anything for 90 seconds!

**Tuesday at 1pm
Friday at 1:15pm**

CLASS DESCRIPTIONS

THE STANDARD

You can find these classes all over the world, but nobody does it better than gravity. You're sure to love our recipe for these tried and true favorites:

Kickboxing: Taking on an angry mob Bruce Lee style just got easier. Enjoy an **invigorating cardio workout while improving your kickboxing skills.**

Spin: Get ready for your own personal Tour de France with this cardio workout focused on **indoor group cycling.**

Yoga: Let our yoga gurus take you through an experience ranging from **Vinyasa to Hatha.** Each class will take into account the combined class level of expertise as well as interest, ensuring that there is never a dull moment. You'll be bending over backwards to attend

A League of YOUR Own: Askkicker at a different time? Spin at seven and not six? Ask us about hosting **your own Personal Group Fitness Class!** Name the sport, name the time and we make it happen! Ask your Front Desk Agent for details.

THE SPECIALTY

So many things you can only find in New York- and these classes you can only find at gravity fitness. Fasten your seatbelts... you're about to go on the best fitness ride ever:

AssKicker: Exactly what it sounds like... your workout will include **athletic drills, strength training and cardio conditioning.** Recommended for all fitness levels.

Bone Strength: When **bone health** is the only thing on your mind, we got the class for you. Tailor made to minimize age related physical degeneration, but still recommended **for all ages.**

Commando: Drop and give me 20! Get in touch with your G.I. Joe through **multiple intervals of military style boot camp.** We won't make you crawl through mud, but it's green light on everything else. Comply with the sergeant's rules and we promise to leave no (wo)man behind.

Cross X: Got chops? You better bring them to class. You will **squat, jump, sprint, crawl, and kick** until you can't stand it anymore, but you will still come back for more. **90 seconds bursts of high intensity movements** which will redefine the boundaries of endurance, discipline, and sweat. Let's face it: you can do anything for 90 seconds!

Melt/Yoga: **Live healthy and pain free** through this very simple method that connects the mind and body and **restores overall balance.**

Pilates: Core intensive workout designed to **lengthen and strengthen the muscles** while bringing the body back to natural alignment.

Restore Yoga: Yoga specifically designed for **back care and improvement in balance.** Unwind the tight sore muscles in your body!

T.E.A.M – Train, Endurance, Agility, Motivation
Take on other challengers in this timed circuit. Row, run, bike, burpees, cheer on your team mate and reach the finish line first. Bragging rights to those who work out hardest!
atin beat. No passport necessary.

THE STRETCH

Regardless of how you train, it's important to take that reparative moment for yourself. A stretch and relax will allow you to approach your next workout at 100%. Take that moment with these options:

Meditation: Economy got you anxious? Craving a centering break after a vigorous workout? Ohm will provide a **30-minute escape through meditation** including breathing and centering exercises.

Stretch: All that **stretching** without the poison gel filling!

Don't come empty handed to class.

Please bring your towel



and a bottle of water.



Safety in Numbers

When you **refer a friend** for membership, great things come your way - a new workout buddy AND some wonderful perks! Ask your Membership Guru for details!!