



Gravity Class Schedule

Fall Session I: August 28 – October 15

Sign up for our new Gravity Classes and experience another dimension of total body fitness!
Space is limited to 9 participants per class!

**Registration only
 online at
[www.urec.wsu.edu!](http://www.urec.wsu.edu)**

Student Recreation Center 252

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gravity Pilates AM 6:30 -7:30 AM		Gravity Pilates AM 6:30 -7:30 AM		
	Gravity Strength AM 7:25 - 8:15 AM		Gravity Strength AM 7:25 - 8:15 AM			Gravity Mix Sat* 10:30 - 11:30 AM
Gravity Core* Sunday Afternoon 12:00 -1:00 PM	Gravity Express 12:10 -12:50 PM	<i>Gravity/Cycle On Fitness Passport Schedule</i>	Gravity Express 12:10 -12:50 PM	<i>Gravity/Cycle On Fitness Passport Schedule</i>	Gravity Express 12:10 -12:50 PM	
	Gravity Strength Afternoon 3:45 - 4:35 PM	Gravity Pilates Afternoon 4:00 - 5:00 PM	Gravity Strength Afternoon 3:45 - 4:35 PM	Gravity Pilates Afternoon 4:00 - 5:00 PM	Gravity Strength Afternoon 3:45 - 4:35 PM	Gravity Strength Sat* 2:00 - 2:50 PM
	Gravity Mix Mon 4:40 - 5:25 PM	Gravity Core Tues 5:10 - 5:50 PM	Gravity Mix Wed 4:40 - 5:25 PM	Gravity Core Thurs 5:10 - 5:50 PM	Gravity Mix Fri 4:40 - 5:25 PM	Gravity Pilates Sat* 3:00 - 4:00 PM
Gravity Mix Sunday PM 5:00 - 5:45 PM	Gravity Pilates 6:45 -7:45 PM		Gravity Pilates 6:45 -7:45 PM			
	Gravity Strength PM 7:50 - 8:40 PM	Gravity Strength 7:10 - 8:00 PM	Gravity Strength PM 7:50 - 8:40 PM	Gravity Strength 7:10 - 8:00 PM		

The Gravity Training System

The Gravity Training System (GTS) is an all-in-one functional, resistance training machine using cables and pulley system with a free-motion glideboard. The tower is adjustable to 9 different levels of resistance making every workout ideal for beginners to advanced participants. Gravity classes promote functional exercise in a technique using 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. The GTS allows the class to move quickly from one exercise to another letting the muscles stretch and contract in the same motion. Exercises engage all muscle groups, and facilitates more than 250 strength training, stretching and Pilates exercises.

* Classes marked with (*) are open for Teen Fitness Registration

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Gravity Never Rests!

See what all the hype is about.

Register on-line only now!

Space is limited to the first 9 paid participants.

Descriptions

(Class Participation Limits: 5 minimum/ 9 maximum)

Classes will be assessed for cancellation at the end of the first week (9/5)

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 9 different levels of resistance making every workout ideal for beginners to advanced participants. Gravity classes promote functional exercise in a technique using 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 facilitates more than 250 strength training, stretching and Pilates exercises. The GTS allows the class to move quickly from one exercise to another letting the muscles stretch and contract in the same motion.

Gravity Strength

Using the Gravity Training System, this is a time efficient total body workout that uses your body weight as the resistance factor against gravity to work your entire body. Class includes a warm up, workout, cool down and stretching.

Gravity Strength AM (\$32 SRC Members)
Gravity Express (\$32 SRC Members)
Gravity Strength Afternoon (\$32 SRC Member)
Gravity Strength PM (\$32 SRC Member)
Gravity Strength (\$32 SRC Member)
Gravity Strength Saturday (\$19 SRC Member)

Mon & Wed; 7:25 - 8:15 AM in SRC 252
Mon, Wed, Fri; 12:10 - 12:50 PM in SRC 252
Mon, Wed, Fri; 3:45 - 4:35 PM in SRC 252
Mon & Wed; 7:50 - 8:40 PM in SRC 252
Tues & Thurs; 7:10 - 8:00 PM in SRC 252
Saturday; 2:00 - 2:50 PM in SRC 252

Gravity Pilates

The king of all-core conditioning forms-The Pilates Method- is utilized in this class along with the Gravity Training System to connect you to your core like never before! Experience exercises designed to strengthen the abdominals, back, arms, and legs. Take this class and watch how your body changes! Class includes a warm up, workout, cool down and stretching.

Gravity Pilates AM (\$36 SRC Member)
Gravity Pilates Afternoon (\$36 SRC Member)
Gravity Pilates (\$36 SRC Member)
Gravity Pilates Saturday (\$ 19 SRC Member)

Tues & Thurs; 6:30 - 7:30AM in SRC 252
Tues & Thurs; 4:00 - 5:00 PM in SRC 252
Mon & Wed; 6:45 - 7:45 PM in SRC 252
Saturday; 3:00 - 4:00 PM in SRC 252

Gravity Mix / Gravity Core

Using the Gravity Training System, this total body workout will use your body weight as the resistance to work your muscles. This class will incorporate both Gravity Strength and Gravity Pilates exercises to give you a well-rounded and challenging workout. Class includes a warm up, workout, cool down, and stretching all in just 45 minutes. Gravity Core has a greater emphasis on torso work while Gravity Mix has a total body focus.

Gravity Mix Mon (\$19 SRC Member)
Gravity Core Tues (\$19 SRC Member)
Gravity Mix Wed (\$19 SRC Member)
Gravity Core Thurs (\$19 SRC Member)
Gravity Mix Fri (\$19 SRC Member)
Gravity Mix Sat (\$19 SRC Member)
Gravity Core Sun Afternoon (\$19 SRC Member)
Gravity Mix Sun PM (\$19 SRC Member)

Monday; 4:40 - 5:25 PM in SRC 252
Tuesday; 5:10 - 5:50 PM in SRC 252
Wednesday; 4:40 - 5:25 PM in SRC 252
Thursday; 5:10 - 5:50 PM in SRC 252
Friday; 4:40 - 5:25 PM in SRC 252
Saturday; 10:30 - 11:30 in SRC 252
Sunday; 12:00 - 1:00 PM in SRC 252
Sunday; 5:00 - 5:45 PM in SRC 252

Please show your Cougar Card for each class you attend.

A Fitness Passport or Mind/Body Ticket does not provide access to the SRC for Non Members.

Participants must gain access to the Student Recreation Center through a membership or SRC Guest/Day pass or SRC punch card.