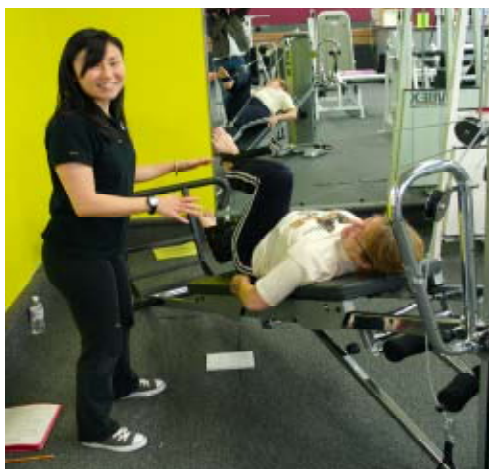


THE GRAVITY EQUIPMENT

GRAVITY is a fun and innovative program that provides full body conditioning through resistance training or Pilates. Your training sessions are monitored for best results and now - learn to use it on your own.

Equipment 



THE GRAVITY OPTIONS



GRAVITY PERSONAL TRAINING



GRAVITY POST-REHAB



GRAVITY PILATES

Expect the *EXTRAORDINARY* with...

GRAVITY TRAINING SYSTEM



*Invigorating the body,
mind and spirit.*



THE GRAVITY INTRODUCTION

Joseph H. Pilates gave the world an intuitive, visionary exercise method.

GRAVITY Pilates, with the multi-level incline plane resistance provided by GTS®, gives Pilates participants the ability to perform exercises more efficiently and effectively for greater, faster results.



GRAVITY Pilates offers traditional Pilates mat and reformer repertoires and then blends them with new evolved Pilates-based exercises.

THE GRAVITY RESULTS

Choose from the 4 training options or ask how to use it own your own:

1. "Get a Taste"

3 week package:
6 one hour sessions

\$70/session

2. "Get a Challenge"

6 week package:
12 one hour sessions

\$60/session

THE GRAVITY RESULTS

3. "Get Results"

12 week package:
24 one hour sessions

\$56/session

4. "The Pilates Package"

Four private pilates sessions with Patti. Increase your core strength, correct muscle imbalances and help rehabilitate your body from a past injury.

\$70/session

To book a GRAVITY package, contact Paula Man at ext. 225 or pman@glenwaycountryclub.com