

GRAVITY[®] NEWS

YMCA of SIMCOE/MUSKOGA :: THE GRAVITY SYSTEM

MEMBER FEEDBACK

These are just a few comments we have received from participating members in the Gravity program.

“You get a full body workout in a short period of time. It maximizes intensity but focuses on endurance.”

- Larry

“I was really surprised at how hard the workout really was, the video made it look easy!”

- Geoff

“It’s good for beginners and advanced people because you can make it as easy or as hard you want.”

- Larissa

“I felt it in my core area without even having to focus on core specific exercises.”

- Heather

Why Gravity?

“What is the most efficient method of getting in shape?”

That’s a pretty broad question, so we will offer a fairly basic answer: resistance training.

While every mode of exercise has its champions, resistance training tends to be the most effective when it comes to overall appearance and function – the two most common goals.

Our bodies were designed for physical work – something that not many of us do anymore. Gravity combines the benefits of weight training with the motivation and guidance of a group fitness class – the best of both worlds!

Who should attend?

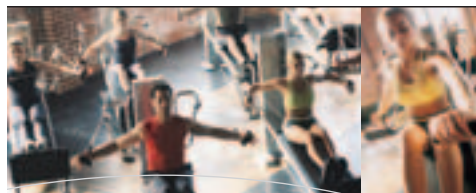
Everyone: seniors, beginners, athletes! Gravity units adjust to suit all levels. We even plan on offering gravity to our youth members in the new year. (Don’t be shy, no one’s watching you except the instructor – and they’re supposed to!).

Gravity classes are included in the cost of your membership

GET READY TO PUSH YOUR LIMITS

VISIT YOUR MEMBERSHIP SERVICES DESK FOR MORE DETAILS





EXPERIENCE THE FORCE OF GRAVITY

What should I know before I attend?

- Participants should wear whatever is comfortable but avoid clothing that is baggy to avoid getting caught in the pulleys. We also recommend that long hair is tied back.
- Participation is limited by the number of Gravity units. Classes are offered on a first come, first served basis. Sorry we can't reserve equipment.
- Instructors will be setting up equipment 15 minutes prior to the start of class if you have any basic questions.
- We will adjust class schedules in response to demand as best we can.

Train Smart!

- Most new Gravity participants are sore after their first class. Light exercise (i.e. Cross Trainer) will help with muscle repair and recovery.
- Budget your workouts. Don't 'hit the weights' and Gravity on subsequent days as they are both resistance based. Drop in a light cardio or stretching routine if you need to exercise on off-days to ensure that you aren't overtraining.
- Ying & Yang: Good form should not replace intensity - it looks nice but your muscles fall asleep. Intensity should not compromise good form - that heavy weight is impressive but you're going to get hurt.
- Can't chew gum and walk at the same time? Avoid rushing into a new movement without listening to instruction and watching others. It's not a race.

WINTER SCHEDULE

ADULTS (18+ yrs)

| | | | |
|----------------------------|------|---------------|----|
| Monday | >NEW | 8:00 - 8:45 | AM |
| | | 10:15 - 10:45 | AM |
| | | 12:10 - 12:40 | PM |
| Tuesday | >NEW | 7:45 - 8:15 | PM |
| | >NEW | 8:30 - 9:00 | PM |
| | >NEW | 8:30 - 9:00 | AM |
| Wednesday | | 10:45 - 11:15 | AM |
| | | 11:45 - 12:15 | PM |
| | | 12:30 - 1:00 | PM |
| Thursday | | 9:00 - 9:30 | AM |
| | | 9:45 - 10:15 | AM |
| | | 10:30 - 11:00 | AM |
| | | 6:45 - 7:15 | PM |
| Friday | | 8:15 - 8:45 | AM |
| | | 1:15 - 1:45 | PM |
| | | 2:15 - 2:45 | PM |
| | >NEW | 6:30 - 7:15 | PM |
| YOUTH (13 - 17 yrs) | | | |
| Tuesday | | 4:00 - 4:30 | AM |
| Thursday | | 7:30 - 8:00 | AM |

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