



# GravOxy™ Fitness Class Schedule

“Cellular conditioning”™ and “Vertical core”™

Schedule Jan 2018 - March 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:30 AM			<i>Unwind - ultimate</i>		<i>Tone and Unwind -</i>	<i>Rebounding Blend</i>		
9:00 AM		<i>Rebounding Blend</i>	stretch class	<i>Rebounding Blend</i>	bounce free			
9:30 AM		9:00 - 9:45 am	8:30-9:15am	9:00 - 9:45 am	8:30-9:15am	8:30-9:30am		
10:00 AM		<i>Tiny dancer</i>				<i>Nia with</i>		
10:30 AM		10:00 - 10:45am				<i>Donna</i>		
11:00 AM						10:00-11:00am		
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM							<i>Salads in a Jar Event</i>	
1:30 PM							<i>Times may vary</i>	
2:00 PM		FEBRUARY VACATION OPEN BOUNCE ZONE FOR KIDS 12 TO 4PM						Check calendar
2:30 PM								
3:00 PM								
3:30 PM							ask about doing	
4:00 PM	<i>Rebounding Blend</i>						special events here:	
4:30 PM	4:15-5:00pm		<i>Rebounding and</i>		<i>Small Group</i>		parties, meetings,	
5:00 PM	<i>Unwind - ultimate</i>		<i>Slengthening</i>		<i>Personal Training</i>		kids parties,	
5:30 PM	stretch class	<i>Rebounding and</i>	4:15-5:00pm		4:30 - 5:30pm		family fun, etc.	
6:00 PM	5:15-6:00pm	<i>Slengthening</i>						
6:30 PM		5:30-6:15pm	Wednesday nights	<i>Unwind - ultimate</i>				
7:00 PM		<i>Rebounding Blend</i>	are Wednesday	stretch class				
7:30 PM		6:45-7:30pm	Wellness Events	6:45 - 7:30pm				
8:00 PM			<i>check the calendar</i>	<i>Rebounding Blend</i>				
8:30 PM				7:30 - 8:15pm				
9:00 PM								

**Adult classes - drop in \$20.00; 5 class card - \$75.00; 10 class card - \$140.00; Unlimited monthly - \$100.00**

Events happen on some Saturdays and Sundays as well, so always call or text to inquire

Call ahead at 508-245-1991 to register for all classes - If fewer than 2 sign-ups class may be cancelled

JoAnimal kids classes and parties; Summer kids program - weekly sign ups for June 18-22; June 25-29; July 30-Aug 3; Aug 20-24 Call or text to reserve class 508 245-1991

Nia with Donna call 508-641-7718 to register

Private training

**"Use gravity to strengthen you, not weaken you." J.S. 1999**