

# Gravity at Glenogle

Welcome to the workout of the future



SUPPORTED BY



Glenogle Swim Centre is proud to present a dynamic new workout experience.

Suitable for all levels of fitness, the Gravity Training System is a great way to achieve a total body workout, using your own body weight to help gain the results you're looking for, whether that's to lose weight, increase muscle strength or improve flexibility. And with only four people taking part in each session, the instructor can really focus on tailoring the workout to you and your needs.

Sessions last 30 or 60 minutes and run as part of a ten week block booking, ensuring you get maximum results for your money. However, if you miss the start of the lesson block, you can still join in at a later session, and pay the appropriate reduced amount (subject to availability). And to help get you started, all introduction classes are FREE! So you can try before you buy.

Please note that all Gravity sessions, including Introductory classes, must be booked in advance.

## Gravity timetable

Day	Time	Class type
Monday	07.15 – 07.45	Introduction to Gravity (FREE)
Monday	12.30 – 13.30	Gravity
Monday	19.30 – 20.30	Gravity
Tuesday	18.00 – 19.00	Gravity
Tuesday	19.00 – 20.00	Gravity
Wednesday	09.15 – 10.15	Gravity
Wednesday	12.30 – 13.00	Introduction to Gravity (FREE)
Wednesday	13.00 – 13.30	Gravity (HALF HOUR)
Wednesday	19.00 – 20.00	Gravity
Thursday	07.15 – 08.00	Gravity
Thursday	17.30 – 18.00	Introduction to Gravity (FREE)
Friday	07.15 – 08.00	Gravity
Friday	12.30 – 13.30	Gravity
Saturday	08.30 – 09.00	Introduction to Gravity (FREE)
Saturday	09.00 – 09.45	Gravity
Sunday	10.15 – 10.45	Introduction to Gravity (FREE)
Sunday	10.45 – 11.45	Gravity

## Prices

Gravity sessions are £8 for fitness members/Leisure Card holders

£7 for concessions

£10 for non members

(prices are pro-rata per session)

For more information, or to book your place, call Glenogle Swim Centre on 0131 343 6376.