



GRAVITY TRAINING

GRAVITY TRAINING SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM

Gravity is a fun and innovative program that provides full body conditioning through resistance training or Pilates. In small groups or individually, your training sessions are monitored for maximum results in just 45 minutes. Or, in other words ... less clock, more rock.


AGES 18+ and Adults

COST \$120 for Fitness Members per 6-Weeks
\$150 for Non-Fitness Members per 6-Weeks

TRAINERS

 **Regina Rosner**

- Over 25 years in the Fitness Industry
- 2015 Distinguished Service Award
- Post Rehab, Small Group & Personal Training

 **Eddie Hall**

- 17+ years of Personal Training Experience
- 2017 National Asana Yoga Champion
- Group Fitness, Yoga, and Gravity Instructor

INFO rrcoreworks@gmail.com



CoreWorks
By Regina

COPPERMINE RACQUET & FITNESS			1420 CLARKVIEW ROAD BALTIMORE, MD 21209			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30am (45min) GRAVITY STRENGTH Regina				
			7:30am (45min) GRAVITY PILATES Regina			
8:30am (45min) GRAVITY STRENGTH Regina	8:30am (45min) GRAVITY STRENGTH Regina		8:30am (45min) GRAVITY PILATES Regina			
9:30am (45min) GRAVITY BOOT CAMP Regina	9:30am (45min) GRAVITY STRENGTH Regina		9:30am (45min) GRAVITY PILATES Regina	9:30am (45min) GRAVITY Eddie		
10:30am (45min) GRAVITY BOOT CAMP Regina	10:30am (45min) GRAVITY STRENGTH Regina		10:30am (45min) GRAVITY PILATES Regina	10:30am (45min) GRAVITY Eddie		
12:00pm (45min) GRAVITY MIXED Regina						
6:00pm (45min) GRAVITY STRENGTH Regina						

Schedule Effective: October 1st, 2017



REGISTER TODAY!
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