



A Workout Like No Other

Gravity Group Class-45 mins.

\$25/class

\$220/10 classes

\$400/20 classes

Classes available mornings and evenings. Custom class times available for groups of 2-4 participants. Set to music, this total body workout for groups of four is guided by a certified Gravity trainer using the GTS system. Each participant selects their chosen level of resistance, while enjoying the challenge and group camaraderie.

Gravity Personal Training-60 mins.

\$60/session (up to two people max.)

A customized strength and conditioning program guided by a certified Gravity trainer using the GTS system. Participate individually or with a friend.

See a live video demonstration
at: www.dborthopt.com/gravity



"I've tried many different classes and found Gravity to be the BEST! I am so impressed with the changes in my body, from the more toned look to the extra strength and energy I have."

Jessica S., Holmdel

Try a class today, FREE!
Call 732-747-1262
for a class schedule.



**db Orthopedic
Physical Therapy, PC**

732 Newman Springs Road, Suite 300
Lincroft, NJ 07738
www.dborthopt.com
732-747-1262

*Increase strength...
Lose weight...
Look better...
FASTER!*



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The Gravity Training System (GTS) has finally provided the opportunity for group strength training on a single apparatus offering the same benefits one receives from spending hours in the weight room. With the GTS equipment and group program format, customized group programming can be achieved with proven results. It is time-efficient, effective and scientifically sound. In a fun and comfortable setting, where people of all levels will see and feel the results they desire.

*"Gravity really works-
I lost inches, feel
better and work harder
with it!!"
Tanya M., Colts Neck*



Gravity FAQ

What is Gravity?

A 45 min. high intensity workout combining cardio and strength training on a machine that uses body weight as resistance.

Why should I consider Gravity?

It targets a multitude of health and fitness goals, from muscular hypertrophy, toning and weight loss to joint and muscular rehabilitation and improvement of athletic performance.

Who can benefit from Gravity?

Tailored for beginners to advanced athletes, gravity is a low impact workout that is appropriate for all age groups.

What happens in a Gravity class?

Set to a background of heart pumping music, with up to four participants in each class, a certified Gravity instructor leads you through a series of exercises that strengthen your total body.

Why are Gravity classes at dbOrthopedic Physical Therapy different?

With our small class size, you get individualized attention and modifications to your ability, plus classes are held in our physical therapy facility. The gravity system can be part of a long term recovery and body strengthening plan.



Nicole Sanchez

Meet the Director

Director of Gravity Fitness, Nicole Sanchez, has a B.S. in Applied Exercise Science from the University of New England. She was a Varsity Cross Country and Lacrosse athlete and currently coaches at Marlboro High School. Nicole is an active marathon/triathlon athlete, and uses her education and knowledge of sports to create a results oriented program for her clients. She can be reached at nicole@dborthopt.com.

*"It's comforting to
workout in an environment
run by a physical therapist.
You know you're in good
hands and that your
workout is going to
benefit your total body."
Kevin O., Freehold*

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