



HARNESS THE POWER OF GRAVITY® INSIDE

GRAVITY is a unique and intelligent approach to fitness. The innovative program formats called :FORMS, evolved from, expanded and improved upon the original concept of the GRAVITY System® introduced to health clubs in 2003 by Total Gym®.

GRAVITY® group class :FORMS are now available to health clubs and large scale facilities through a licensing program. Each of the GRAVITY® class :FORMS uses the world renowned incline bodyweight trainer, Total Gym GTS®, as its primary equipment to deliver these spirited, music-led, high octane, group classes. Sessions are time efficient 40-50 minute moderate to high intensity workouts, for maximum impact in minimal time.

WHAT'S INCLUDED?

1. Initial GRAVITY Inside™ training consists of:

- Online coursework
- 2-Day live training at your facility

The GRAVITY Inside™ curriculum teaches your trainers the foundational principles of movement on Total Gym with a focus on delivering specific class formats for TRU:FORM and TRANS:FORM. Participants complete online coursework prior to the 2-day live onsite training.

2. Quarterly :FORM Updates:

Progressions and new workouts quarterly. See available class :FORM descriptions on the back of this sheet.

3. Rights to use the GRAVITY® brand and marketing materials for member engagement:

Imagery and logos for GRAVITY branding, leaflet, referral card, posters, flyers and announcements, web site assets, sign-in/up sheets and GRAVITY merchandise artwork are supplied digitally on the GRAVITY extranet for you to download and print locally.

4. Connection to Online Extranet:

Website repository for access to GRAVITY digital files including informational documents, schedules, marketing resources and source files as they become available.

5. Connection to ClubConnect: Access to course curricula, exercise libraries, new workouts and updates for all class :FORMS, with unlimited licenses for trainer use. Nominal monthly fee applies.

OVER >

:FORM DESCRIPTIONS



GRAVITY TRU:FORM™

Total-body functional conditioning that maximizes efficiency and effect. Participants become strong and mobile, working at their own ability and pace. Features personalized coaching in a spirited group setting on Total Gym®. 40 and 50-minute sessions.



GRAVITY TRANS:FORM™

Endurance, strength and compound movement training that integrates core conditioning at every turn, twist and bend. Participants experience transformative, goal achieving physical results through vigorous music-led group training with personalized coaching on Total Gym. 40 and 50-minute sessions.



GRAVITY PER:FORM™

Dynamic, high-intensity power sessions that offer a variety of functional equipment and training methods to increase agility, strength, explosive power and mobility. Participants can expect circuits, indoor cycling intervals, suspension and reactive training, and more in these high-octane, cardio-based 40 - 50 minute team-training sessions.



GRAVITY IN:FORM™

Mindful, rejuvenating and focused training for inner renewal. Participants gain greater body awareness, stability and flexibility to sustain daily activities with more efficiency and ease. A melding of mindful movement and breath awareness with an evolved approach to Pilates, yoga and other mind body practices in the unique environment of bodyweight training on Total Gym. 55-minute sessions.

WHAT'S REQUIRED?

- 1. Purchasing and signing GRAVITY Inside™ license:** Includes requirements to complete specified education and training and to maintain program and brand quality and compliance.
- 2. Provide dedicated GRAVITY® branded space within the facility.**
- 3. Complete initial GRAVITY Inside™ training.**

4. Engage members: Use supplied marketing source files to produce branded communication to members—in your facility and on your website. Maintain compliance with GRAVITY Inside marketing requirements in all public-facing advertisements.

WHAT'S OPTIONAL?

1. You have the choice of offering four (4) class :FORMs at your facility. Your initial fees include training for TRU:FORM™ and TRANS:FORM™. Both utilize only Total Gym GTS® and a few accessories. You have the option to purchase two additional training days for PER:FORM™ and IN:FORM™. See :FORM descriptions on this page.

2. Additional training. We offer training opportunities at our GRAVITY Inside Experience Events across the country. GRAVITY Studio Licensees may participate and attend.

WHAT'S NEXT

1. Purchase and sign License Agreement
2. Purchase Necessary Equipment
3. Begin to plan and brand for GRAVITY®.
4. Schedule and attend the initial GRAVITY Inside™ training.
5. Market to your members.
6. Launch your GRAVITY Inside program.



Group Workouts. Individual Results.