

# The Gravity Center

*a full body workout in just 30 to 45 minutes*

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Save time. Get a full body workout in just 30 to 45 minutes. See visible results in as little as four weeks. Does any of this sound appealing to you? If so, you'll want to check out The Gravity Center, located at Body Dynamics fitness center in Huntingdon Valley.

Using a revolutionary workout method called the GravitySystem, the center offers group strength training classes, a new approach to Pilates, personal training and post-rehabilitation conditioning. All of these are delivered by GTS™, a device that engages all muscle groups and encourages functional exercise for any age group by using an individual's body weight as resistance against gravity. Functional exercise is a technique that recreates movements performed in the course of everyday life, thus improving performance. Able to adjust at nine different levels of resistance, GTS facilitates more than 250 strength training, stretching and Pilates exercises.

While this unique style of workout is new to our area, it has a lengthy history and a large following. It is in high demand both on the West Coast and in Europe and is used by more than 14,000 rehabilitation centers, schools, hospitals, athletic training facilities and health clubs worldwide. Even the Pittsburgh Steelers use this system for strength training.

The Gravity Center is the first and only facility in the Philadelphia region to offer workouts with the GravitySystem. The owner, Bucks County native Maria Carrozza is excited about her space, her equipment and the training she offers, and she's poised to spread the enthusiasm.

The facility is the kind of place that invites you in and makes you feel comfortable, yet hip. With sepia-toned, panoramic urban sky murals on the walls, polished hardwood floors and windows that overlook the gym below, the aes-



thetic is certainly pleasing and invigorating. Clearly Carrozza recognizes that environment and atmosphere are integral parts of an enjoyable and motivational work out. Amenities including on-site babysitting, locker rooms and plenty of parking complete the experience.

With more than 15 years of experience in the fitness industry both domestically and internationally, Maria holds a B.S. in Sports Injury Management and is nationally certified in group fitness, personal training and Pilates. From consulting to international fitness corporations to heading up trainer operations in Las Vegas and Atlanta, her knowledge and experience with fitness and health are extensive.

Offering something for everyone, there are over 20 group classes available every week that cover all fitness levels. In addition, introductory classes are offered routinely in order to familiarize newcomers with the equipment. Group strength training classes are 30 to 45 minutes long for up to 10 people, group Pilates classes are 60 minutes long for up to 10 people, and post-rehab and personal training sessions are available on both an individual and small group basis by appointment.

All are invited to attend the The Gravity Center's Grand Opening Celebration on Saturday, September 24, 2005. Free group demo classes and healthy hors d'oeuvres will be provided.

The Gravity Center is located at Body Dynamics at 1810 County Line Road. For more information or to make reservations for GTS group classes call 215 322-6222 or log onto [www.thegravitycenter.com](http://www.thegravitycenter.com).