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THE IRRESISTABLE PULL OF GRAVITY®:
1-2-3 FIT OFFERS INNOVATIVE NEW FITNESS SYSTEM

Sacramento, CA—1-2-3 Fit is proud to introduce the new GRAVITYSystem® this week, giving club members a chance to experience resistance training or Pilates, in small groups or individually, on the innovative GTS® equipment, a turbocharged commercial version of the popular Total Gym®.

1-2-3 Fit has joined the growing movement of health clubs offering the new gravity-based training by efi Sports Medicine. Monitored GRAVITY® sessions are designed to deliver quick, efficient and effective workouts while expanding program variety and member access.

“This system has such appeal to our members,” said **Matt Weaver, from 1-2-3 Fit**. “Those who didn’t have time to strength train before can now enjoy maximum benefits with a shorter time commitment, and members interested in Pilates can get functional top-notch training regardless of their starting skill level.”

First launched in 2003, GRAVITY has been attracting health and fitness professionals from around the world including at the renowned Cooper Fitness Center at Craig Ranch, a Cooper Aerobics Company, in McKinney, Texas.

“Cooper Fitness Center members love it. Thirty minutes gets them a complete, personalized muscular endurance and strength training workout. They like being able to use one piece of equipment that can get them maximum benefits and all-over results,” says Deborah Puskarich, Group Exercise director for Cooper Fitness Center.

The GRAVITYSystem offers a variety of programs on the Total Gym GTS® model. This bodyweight training system has eight calibrated resistance levels, a rolling glideboard and dynamic cable pulley

123 Fit in Sacramento INTRODUCES GRAVITY

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system. Individual participants can perform over 250 functional exercises on the unit by simply changing body positions quickly and moving to the next exercise. Total Gym GTS engages all major muscle groups for strength and endurance training, stretching and Pilates, and integrates core training in every exercise.

Programming includes:

- **GRAVITYGroup®.** These engaging thirty-minute exercise sessions heat up all the major muscle groups for total body conditioning. Each participant works at his/her chosen level of resistance, while enjoying the challenge and camaraderie of a group setting. These time-efficient workouts are particularly attractive to those who traditionally focus on cardio training and want to make time for a fun and effective strength regimen.
- **GRAVITYPersonalTraining®.** Supervised sessions on GTS, either one-on-one or in small groups require no moving around the gym or waiting for equipment. Members can enjoy lower prices for training in small groups while continuing to receive the personal attention so important to a successful personal training experience.
- **Ride and Glide,** a unique combination of Gravity and Spin cycling for all fitness levels
- **Gravity Jam,** contemporary night club style music and lighting with heart pumping work out

For more than a quarter century, efi Sports Medicine has provided a wide array of functional equipment to more than 14,000 clinics, schools, hospitals, athletic training centers, health clubs and more than 3 million home exercisers worldwide. Visit efi on the Web at www.efisportsmedicine.com or call 800.541.4900 for more information.

1-2-3 Fit, Sacramento. www.123fitsac.com Open 24 Hours Online and In the Club

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