

GRAVITY JANES

A fitness rebellion

1290 Mall St., Issaquah, WA 98028
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What is Gravity Janes

Gravity Janes is a professional fitness environment. Gravity Janes promotes an athletic and functional form of fitness that produces highly useable conditioning, and is the foundation for all other athletic endeavors. This is the training that is favored by police, fire, and military personnel over all others.

Gravity Janes fitness is world-class fitness

The Gravity Janes program produces a fitness that seeks more than just weight loss or other image-based results. This fitness is about your actual and measureable physical capacity, and the quality of your life. Maximum levels of both is all we care about at Gravity Janes.

One difference between GJ and the average health club is the *high level of fitness education* we provide to each Gravity Janes client.



There is no minimum level of fitness necessary to start your workouts at Gravity Janes program. The only requirement is a willingness to learn, a commitment of time, and a dedication to the work.

Results are predictable and duplicative

The process is completely safe and far more stimulating than typical fitness programs.

GJ Head Coach **Dave Young** is Crossfit trained and certified, in addition to holding both NSCA and USAW Club Coach certifications.

Join us for a free introductory class every Saturday at 10A. The public is invited.



Kettlebell Workshop coming to Gravity Janes

Gravity Janes is pleased to announce that a workshop devoted exclusively to Kettlebell technique is coming to Gravity Janes in Issaquah Saturday, August 9th, from 9A to Noon.

The class will be hands-on, but the focus will be on understanding and improving your technique, not on duration or intensity of the work. All the major Kettlebell exercises will be covered: the deadlift, swing, press, clean, snatch and squat. The difference this course will make on your proficiency, efficiency, comfort level, and load capacity will be significant. Come dressed for exercise. The price for the 3-hour course is just \$75; \$60 for current Gravity Janes clients.

ABOUT THE WORKSHOP INSTRUCTORS -

Gravity Janes considers Tom Corrigan to be the top Kettlebell Instructor in the Northwest. Tom is a Firefighter in Everett, WA, and has produced his own instructive Kettlebell DVD. He has trained with KBs since 2002, and is certified by Pavel Tsatsouline of Dragondoor since 2003, and is now a Dragondoor Team Leader.

Mikhail Marshak was a nationally ranked Kettlebell Sport lifter from Moscow, who trained under KB World Champion Sergey Rudnev. Misha earned a Master of Sport in KB lifting, which is the equivalent of an All-American ranking. He has trained with and competed against many Russian and World Champions and has a vast knowledge of KB technique and training methodologies.

