

## **Gravoxy- Joanne Schmalenberger**

GravOxy programs enable individuals of any age and fitness level to move their body in ways that are comfortable and achieve significant health and wellness benefits. GravOxy can be gentle enough for a patient confined to a wheelchair, yet challenging enough for an Olympic athlete.

Our bodies were built to move, run and walk. However, in today's society, we are too sedentary. This negatively impacts our quality of life and in too many cases is fatal. Studies have linked physical inactivity to more than 5 million deaths worldwide per year, more than those caused by smoking.

GravOxy Fitness is dedicated to making fitness a natural part of everybody's lifestyle with programs that comfortably challenge while providing amazing and stress free health & wellness benefits. At the core, GravOxy believes fitness should be enjoyable.

GravOxy believes exercise should not be about beating yourself up and feeling pain. To the contrary, you don't take your car down a potholed road if there is a smooth one to take. GravOxy classes are strain free on your joints.

GravOxy Fitness emphasizes individual alignment and natural movement. We believe fitness should be adaptive to the individual.

GravOxy Fitness is all about the comfortable challenge. Our workouts actually produce more energy as you progress.

GravOxy Fitness provides layers of creative movement that always keep the workouts interesting and challenging.

**GET STARTED – CONTACT US**

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