

Gravity Fitness and Tennis Announces Its Gym Has Now Re-opened

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Gravity Fitness and Tennis is pleased to announce that its gym is currently open once again for membership access even though times are still challenging for members and staff. More gym information can be found at <https://gravityfitness-tennis.com/gym>. Now that the gym has re-opened for members and guests, applications for new memberships are once again available.

Gravity Fitness and Tennis is considered to be the premiere fitness club in Hailey, Idaho. As such, the club offers all the fitness and exercise amenities expected from such a club. Friendly and helpful staff are present during the club's main open hours, but it is actually open to members outside those times.

Whether a member or guest is a longtime fitness devotee or is brand new to physical conditioning, the equipment and the staff are ready to help. The organization is also welcoming to those who are recovering from physical injuries.

In addition to the expected fitness regimens, emerging trends in fitness such as TRIBE team Training? and aerial fitness can also be experienced. There are offerings from the gym that may be surprising to many prospective members. For example, in addition to exercise and tennis, there are Yoga and Zumba classes, and even opportunities to study martial arts, in the form of Soo Bahk Do, under the instruction of Oliver Whitcomb.

Soo Bahk Do is a complete martial art system promoting longevity, physical conditioning, and long distance and close quarters combat. This discipline is predominantly a stand-up, striking art that employs a wide range of techniques. Students can improve their flexibility, coordination, balance, and strength as well as learn proper breath and movement skills.

Gravity Fitness and Tennis is not just for the use of adults, however. Families and children are also

encouraged to join up and take part. The child day care centers are also open and its staff, of course, are required to wear masks. The center recently completed a highly successful children's summer fitness camp. There will also be special offerings available for children during the upcoming school year.

Gravity Fitness and Tennis maintains an active social media presence and many articles as well as videos and video tours can be found at <https://gravityfitness-tennis.tumblr.com/>.

Opening the fitness center up once again has not been without its challenges. The club takes the safety of its members, guests, and staff extremely seriously and accordingly, it has installed a state-of-the-art filtration and purification system. This system is capable of removing 99.9% of all bacteria, dust, mold, other allergens, and viruses including the Coronavirus.

Other policies have been implemented to help ensure the safety of everyone. This includes the removal of street shoes upon entry and changing into athletic shoes before entering any exercise area. As an extra precaution, all members and guests are requested to wipe down exercise equipment both before and after use. A special hydrogen peroxide and water cleanser has been provided for this purpose. And, of course, all members, guests, and staff are required to practice social distancing.

Gravity Fitness and Tennis' Co-Owner Oliver Whitcomb, said, "We are extremely pleased with the response from our members and the community following our re-opening. The gym area and tennis courts are seeing a lot of activity. Our Co-Owner and former world number one tennis professional, Mats Wilander, is quite active with tennis lessons and group demonstrations. We are fully operational and adding new members daily."

Along with the informative videos on Tumblr previously mentioned, many other useful articles about the fitness center and the programs it offers as well as numerous fitness hints and tips can be found at <https://sites.google.com/site/ggymnearme/>.

Serving the local community in Hailey, Idaho, Gravity Fitness and Tennis is open for members 24 hours a day and is staffed Monday to Friday from 7 AM to 7 PM. Anyone interested in joining its fitness center should visit the company's website where details of membership pricing and how to contact the club can be found.

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For more information about Gravity Fitness And Tennis, contact the company here: Gravity Fitness And Tennis Oliver Whitcomb 2087887669 info@gravityfitness-tennis.com Gravity Fitness And Tennis 1970 Woodside Blvd Hailey, ID 83333

Gravity Fitness And Tennis

Gravity Fitness and Tennis is the premiere fitness club in Hailey, Idaho. Our members workout in a spacious and comfortable environment, using the latest equipment to help them with all their fitness goals. Open 24 hours a day 7 days a week.

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