



Bringing Science, Longevity, and Performance Together in Boca Raton, FL

Background: A Science-Driven Approach to Fitness

Founded by Paul Christopher, *Gravity + Oxygen Fitness* began as a brand in 2009 and became a brick-and-mortar facility in 2015.

What started as a performance hub for beach volleyball athletes has evolved into a complete wellness destination offering group classes, personal training, physical therapy, Pilates, acupuncture, and cryo-sculpting.

"The name *Gravity + Oxygen* represents everything we do," says Paul.

"*Gravity* symbolizes our strength and resistance training; *Oxygen* represents conditioning and endurance. It's the balance between the two that creates true fitness and longevity."

Paul built the gym's identity on blending science with movement. That philosophy naturally led him toward metabolic testing and VO₂ Max analysis as tools to measure and manage performance more precisely.

How Gravity + Oxygen Connected with Woodway and Cortex

In 2024, Paul and performance coach Mike Gallagher visited Woodway headquarters to explore the integration of the Cortex Metalyzer.

Mike's journey with the system started years earlier while working at Equinox.

"I fell in love with Cortex back in 2021," Mike recalls. "It's the Mercedes-Benz of metabolic testing—nothing compares in accuracy or the power of its software."

When Mike and Paul connected, the vision aligned instantly.

"As a brand, we geek out on the science," Paul said. "So when Mike introduced me to the Cortex, it just made sense. I wanted to evolve our services and stand out with something truly data-driven."

After hands-on training and certification at Woodway HQ with Corey Carden and Bill Paulson, the Gravity + Oxygen team officially brought the Cortex Metalyzer.

Using the Metalyzer: Turning Data Into Longevity

Since implementing the system, Gravity + Oxygen has completed numerous VO₂ Max and RMR (Resting Metabolic Rate) tests for athletes, fitness professionals, and everyday clients.

Paul explains,

"We've had local influencers, triathletes, even doctors come in for testing. We've also built strong relationships with brands like TRX and other performance communities."

The data from the Metalyzer fuels not only cardio training programs but also nutrition guidance led by their in-house dietitian, Haley.

"Most people come in undereating," Paul says. "Now that we have precise metabolic data, we can show them their real daily burn and tailor their nutrition accordingly."

Mike adds that the Metalyzer's greatest strength is how it makes advanced science understandable:

"We call VO₂ Max your 'cardio credit score.' It's one of the top five indicators of

life longevity. Everyone understands the idea of a credit score—this makes the data relatable.”

Gravity + Oxygen’s approach combines VO₂ testing, RMR analysis, and customized programming to help clients not just perform better—but live longer.

Benefits & Early Results

Since adding the Metalyzer, Gravity + Oxygen has seen measurable improvements in both client engagement and outcomes.

- Precision Nutrition Coaching: RMR data allows personalized caloric and macronutrient targets.
- Goal Tracking: Clients can set benchmarks like “raising VO₂ Max to match or exceed their age.”
- Client Education: Turning complex science into clear takeaways boosts understanding and motivation.
- Professional Credibility: Having the Cortex Metalyzer positions the facility as *South Florida’s premier metabolic testing destination*.

Mike explains:

“We’re changing how people view fitness professionals. It’s not just about looking good anymore. With Cortex, we’re health and human performance coaches—using real data to create real change.”

Paul adds:

“What gets measured gets managed. The Metalyzer lets us give people answers that can literally extend their lives.”

Future Plans: Expanding Reach and Impact

Looking ahead, Gravity + Oxygen plans to scale their testing services throughout South Florida—partnering with longevity clinics, medical concierge programs, and triathlon teams.

They’re also preparing to take their message on the road, attending endurance

events like the Fort Lauderdale Ultra Marathon and the Deca World Championships to demonstrate the power of metabolic testing in real time.

Paul explains their broader mission:

“Longevity is the new resolution. We’re not talking about 8 or 12-week fitness fixes—we’re talking about extending lives. That’s our 2026 campaign.”

The team also plans to implement spirometry testing by 2026 and expand training so additional staff can perform assessments as demand grows.

Mike summarizes the shared vision best:

“If we can change one community with the Cortex, we can change the whole industry. From gyms to hospitals, from athletes to everyday people—this technology can elevate how we measure health.”

A Relationship Built on Science, Trust, and Shared Purpose

For Paul and Mike, this relationship with Woodway and Cortex isn’t just about technology—it’s about aligning with brands that share their values.

“The partnership validates what we’re doing,” Mike says. “When people see the Woodway name next to Gravity + Oxygen, they know this isn’t just another gym—it’s a performance lab built for longevity.”

As Gravity + Oxygen continues to grow, their mission is clear: combine innovation, data, and heart to redefine what fitness means.