

NEXT LEVEL FITNESS

2023 Group Fitness Schedule

Starts NOVEMBER 12, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM	GROUP POWER (Paul)	PILOXING (Lori)	GROUP POWER (Lori)	STEP INTO SPIN (Paul)	GROUP POWER (Paul)	NLF CYCLE (Caitlin)	CARDIO-BOXING (Michele)
10:10 AM	PRIME TIME (Paul)	PILATES/CORE STRENGTH/MOBILITY/ FLEXIBILITY (Audra)	PILATES/CORE STRENGTH/MOBILITY/ FLEXIBILITY (Audra)	PRIME TIME (Paul)		HATHA-YOGA (SUSANNE)	
10:30 AM					PILATES/CORE STRENGTH/MOBILITY/ FLEXIBILITY (Audra)		
11:15 AM							
11:30 AM							
4:00 PM		HATHA-YOGA (Susanne)					
4:30 PM							
5:30 PM	PILATES/CORE STRENGTH/MOBILITY/ FLEXIBILITY (Audra)	CARDIO -BOXING (Michele)			ZUMBA (Blanca)		
5:45 PM							
6:00 PM			NLF CYCLE (PAUL)				
6:40 PM							
7:00 PM			ZUMBA (Blanca)				

subject to change w/o notice

GETTING TO KNOW YOUR CLASSES

36 Forestburgh Rd Monticello, NY 12701 (845)796-0808

Mon-Fri 5:00 am to 10:00 pm Sat 8:00am to 5:00pm Sun 8:00am to 4:00 pm

WIG TO KNOW YOUR CLASSES

GROUP POWER	Full body, 1 hour weight training class set to great music
STEP INTO SPIN	Your one stop for a complete workout using step risers and stationary bikes
PRIME TIME FITNESS	A class for the active older adult. Designed to improve muscular strength and range of motion
NLF CYCLE	Your favorite spinning class set to an intense variety of music
NLF 60 MIN CYCLE	Is a 60 min cycle class that incorporates weights as well as cycling. The class is broken up into timed sections of both cycling and weights achieving a full body burn!
CARDIO-BOXING	Combination of the traditional training
YOGA	HATHA yoga- principles of
STRENGTH TRAINING	Cardio plus full body toning. Your one stop for a complete workout.
POUND N WEIGHTS	Pounding intense full body workout! High intensity using weights and Rip sticks
MINDFULNESS	Combination of
ZUMBA GOLD	Lower intensity
PILATES: CORE	Deep abdominal
STRENGTH/MOBILITY/ FLEXIBILITY	strength/learn correct alignment