

NEXT LEVEL FITNESS

2023 Group Fitness Schedule

Starts JUNE 26, 2023

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
9:00 AM	GROUP POWER (Sheri)	DANCE FITNESS (Lori) *	GROUP POWER (Lori)	STEP INTO SPIN (Paul) *	GROUP POWER (Sheri)	NLF CYCLE (Caitlin)	CARDIO-BOXING (Michele)
10:10 AM	PRIME TIME (Sheri)	GROUP POWER (Lori)*	PILOXING (Lori)*	PRIME TIME (Sheri)		IYENGAR-YOGA (SUSANNE)	ALL IN ONE (Tanya) *
10:30 AM					KICK BOXING (Tanya) *		
11:15 AM	PILATES/BAR /CARDIO (AUDRA) *	PILATES/BAR /CARDIO (AUDRA) *	ZUMBA GOLD (Tameka) *	ZUMBA GOLD (Tameka) *			
11:30 AM					ZUMBA GOLD (Tameka & Sheri) *		
4:00 PM		IYENGAR YOGA (SUSANNE)					
4:30 PM			STRENGTH TRAINING (Dana)				
5:30 PM		CARDIO -BOXING (Michele)			ZUMBA (Blanca)		
5:45 PM			MINDFULNESS (Cassandra)				
6:00 PM	NLF 60 MIN CYCLE (PAUL)			NLF CYCLE (Caitlin)			
7:00 PM			ZUMBA (Blanca)				

* *WOMEN ONLY CLASSES*

** *schedule subject to change w/o notice*

SEE THE BACK FOR GETTING TO KNOW YOUR CLASSES

GETTING 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 movements of a boxer--including sparring, shadow boxing, and blows delivered to a boxing bag- structured so as to be performed in sequences, similar to those of aerobics classes that have a primarily aerobic training effect
YOGALATES	Concentrates strength in the middle (abdominal area, buttocks and lower back), the body develops harmoniously, stretching muscles, toning the body, improving posture and developing
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 stretching, light yoga/restorative yoga and breathwork
ZUMBA GOLD	Lower intensity