

NEXT LEVEL FITNESS

2024 Group Fitness Schedule

Starts MAY 24, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM	GROUP POWER (Paul)	DANCE FITNESS (Lori) *	GROUP POWER (Lori)	STEP INTO SPIN (Paul)	GROUP POWER (Paul)	NLF CYCLE (Kirsten)	CARDIO-BOXING (Michele)
10:10 AM	PRIME TIME (Paul)	NLF CYCLE (Aly)	PILATES/CORE/ BARRE (Audra)*	PRIME TIME (Paul)		HATHA-YOGA (SUSANNE)	NLF CYCLE (Aly)
10:30 AM					PILATES/CORE/ BARRE (Audra)*		
11:15 AM							
12:45 AM							ZUMBA (Shannon)
4:00 PM		HATHA-YOGA (Susanne)					
4:30 PM							
5:30 PM	PILATES/CORE/ BARRE (Audra) *	CARDIO -BOXING (Michele)	FULL BODY CIRCUIT (Aly)	NLF CYCLE (Aly)	ZUMBA (Blanca)		
5:45 PM							
6:00 PM							
6:40 PM		ZUMBA (Shannon)					
7:00 PM			ZUMBA (Blanca)				

**schedule subject to change w/o notice*

****WOMEN ONLY****

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
YOGA	HATHA yoga- principles of alignment and breath. Also, great for people with injuries, physical limitations and chronic conditions.
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	Mixture of beats pulled together with music. Aerobic interval training to fast & slow rhythms. Deep abdominal strength/learn correct alignment for spine/weight-bearing strength training to improve breathing/balance/posture and joint mobility. Modifications are provided for those dealing with injury/or issues like back pain;osteoporosis;neck/shoulder/knee pain and abdominal surgery.
PILATES/CORE/BARRE	
FULL BODY CIRCUIT	This workout includes strength training and cardio-based exercises to give you a well-rounded exercise session