

# NEXT LEVEL FITNESS

## 2024 Group Fitness Schedule

Starts **SEPTEMBER 9, 2024**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
8:00 AM							
9:00 AM	<b>GROUP POWER</b> (Paul)	<b>ANCE FITNESS</b> (Lori) *	<b>GROUP POWER</b> (Lori)	<b>STEP INTO SPIN</b> (Paul)	<b>GROUP POWER</b> (Paul)	<b>Full Body</b> <b>Weights</b> <i>(Kington)</i>	<b>CARDIO-BOXING</b> (Michele)
10:10 AM	<b>PRIME TIME</b> (Paul)			<b>PRIME TIME</b> (Paul)		<b>HATHA-YOGA</b> (SUSANNE)	
10:30 AM							
11:30 AM					<b>PILATES/CORE/ BARRE</b> (Audra)*		
12:45 AM							
4:00 PM		<b>HATHA-YOGA</b> (Susanne)					
4:30 PM							
5:30 PM	<b>PILATES/CORE/ BARRE</b> (Audra) *	<b>CARDIO -BOXING</b> (Michele)	<b>FULL BODY CIRCUIT</b> (Aly)	<b>UPPER BODY MAX-OUT</b> (Aly)	<b>ZUMBA</b> (Blanca)		
5:45 PM							
6:00 PM							
6:40 PM							
7:00 PM			<b>ZUMBA</b> (Blanca)				

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

**\*\*WOMEN ONLY\*\***

**SEE THE BACK FOR GETTING TO KNOW YOUR CLASSES**

## GETTING TO KNOW YOUR CLASSES

<b>GROUP POWER</b>	Full body, 1 hour weight training class set to great music
<b>STEP INTO SPIN</b>	Your one stop for a complete workout using step risers and stationary bikes
<b>PRIME TIME FITNESS</b>	A class for the active older adult. Designed to improve muscular strenght and range of motion
<b>NLF CYCLE</b>	Your favorite spinning class set to an intense variety of music timed sections of both cycling and weights achieving a full body burn!
<b>CARDIO-BOXING</b>	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
<b>YOGA</b>	HATHA yoga- principles of alignment and breath. Also, great for people with injuries, physical limitations and chronic conditions.
<b>ZUMBA</b>	Mixture of beats pulled together with music. Aerobic interval training to fast & slow rhythms.
<b>PILATES/CORE/BARRE</b>	Deep abdominal streghth/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.
<b>FULL BODY CIRCUIT</b>	This workout includes strength training and cario-based exercises to give you a well-rounded exercise session