

NEXTLEVEL

GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THURS	FRI	SAT
5:30AM	SPIN	SPIN	TURBO			
6:00AM	COND			SPIN	U GO I GO	
8:30AM						THROW DOWN
9:00AM		ACTIVE ADULTS				
9:15AM			TURBO			
5:30PM	COND	S&C	TURBO			
5:30PM	SPIN		SPIN	SPIN		
6:30PM	PILATES + LIVE & ONLINE	BOX FIT				

NEXTLEVEL

SPIN

Embark on an invigorating adventure with Next Level spin classes, where energy, enthusiasm and passion collide! Join our ever-growing community of countless members who have experienced incredible results and pure exhilaration by our expert instructors with years of expertise! Join us in an immersive, heart-pumping ride that will boost your endurance, and leave you craving more! Whether you're new to group fitness or a seasoned bike enthusiast, our classes accommodate to individuals of all fitness levels!

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CONDITIONING

Elevate your heart rate, burn calories, and improve your cardio-respiratory system! Experience the exhilaration of challenging yourself as our trainers inspire you through a primarily cardiovascular focused session. With emphases on extended working timers, and achievable targets, each class is designed to leave you feeling accomplished!

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ACTIVE ADULTS

Active Adults is a fun and inclusive class designed for those seeking low impact exercise and/or 50+ years old and over seeking to stay active, healthy, and connected with others! The low-impact, low intensity workouts combine movements that are kind on your joints, with exercises that enhance strength, balance, and mobility. Active Adults provides a welcoming environment where everyone can move at their own pace, share a few laughs, and leave feeling energized and uplifted.

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TURBO

Training Using Repetitive Bursts Of circuit intervals! TURBO is a fast paced, high energy, and incredibly fun workout! By incorporating dynamic circuit training, or short and sharp working timers, these classes keep you constantly on the move! Our enthusiastic trainers will create an electric atmosphere, inspiring the room with contagious energy to perform at your individual highest level!

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STRENGTH & CONDITIONING

The ultimate fusion of muscular strength & cardiovascular conditioning!

Combining powerful compound lifts with the invigorating cardio equipment, you can ensure to build lean muscle, boost your cardiovascular endurance, and challenge yourself in a supportive and inclusive environment.

Our trainers will guide you through a workout that caters to all levels of individual fitness.

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U GO, I GO

Partner-based workouts with a focus on camaraderie! In U GO, I GO, teamwork is the key. Both you and your partner, or team, exercise together, inspiring each other to reach individual goals or complete combined goal targets. These classes thrive on building friendships, and making connection with a community people driven to improve their health.

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MAT PILATES

Discover the benefits of Mat Pilates in our 45-minute classes, designed for all fitness levels. Improve stamina, agility, posture, flexibility, and core strength with a mix of classical and contemporary movements. Join our newest team member, Rana, for a balanced mind and body workout suitable for everyone.

- Available for live & online streaming at home!

NEXTLEVEL

BOX FIT

Embrace the empowering world of boxing, where individuals of all experience levels are welcome!

Join us to discover the foundations of intentional and impactful punching! Experience the thrill of striking the heavy bags with powerful punches, and engage in partner work for volume drills.

Whether you bring a friend or come solo, you'll have the opportunity to connect with like-minded individuals and be a part of a supportive community! Our instructors will be with you, offering guidance and expertise to help develop your skills and cultivate self-confidence with every punch and combo!

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SATURDAY THROWDOWN

Prepare for the main event! Join the high-energy experience of our largest class of the week! An unparalleled strength & conditioning class bringing together over 30 like minded-individuals who kick-start their weekend with a blend of fun, laughter, and invigorating challenge! This class incorporates all the essential elements of strength and conditioning, but with an extra dose of energy and enthusiasm that sets it apart.