

# NEXT LEVEL

## A ONE TO ONE FITNESS STUDIO

Our mission is to provide a contemporary, uplifting and inclusive experience inspiring each other to reach our Next Level of wellness as a part of a community of not only strong bodies, but strong minds. A holistic approach combining high intensity classes with restorative services for individual mind-body balance and transformation.

Memberships and packages provide access to ALL of our classes!

### CYCLE & MORE!

Boxing Bootcamp	This high intensity interval training (HIIT) class combines heavy bag work, high intensity and agility drills, strength training, hand-eye coordination and core work all while learning how to punch like a pro. You are going to burn a ton of calories while having a blast! Please note that gloves and 180" hand wraps are required for this class (both are for sale or rent in our boutique).
Cycle 60	This class provides a challenging cardiovascular workout in our state-of-the-art cycle studio consisting of rhythmic and cycle-specific drills. Bring the outdoors inside with hill climbs, sprints and jumps on our Keiser M3i cycle bikes.
Cycle Bootcamp & Core	Combine your favorite cardiovascular cycle workout consisting of rhythmic and cycle-specific drills with light weights for a full-body cardio and strength workout. Follow your 60-min cycle class with 10 min of core-specific work off of the bike.
Cycle Flow	The perfect combination for a well-rounded workout. Start with a challenging cycle class consisting of rhythmic and cycle-specific drills followed by Vinyasa Flow (Yoga). Smoothly transition one pose to another to make a sequence while connecting movement and breath, incorporating strength and muscular endurance, and holding postures for flexibility.
Cycle Hip Hop	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to the beat of the music using hill climbs, varying resistance, and fast cadences all to the beat of hip hop and R&B music.
Latin Cycle	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to the beat of the music using hill climbs, varying resistance, and fast cadences and hand weights, all to the beat of your favorite variety of Latin music. This fun-filled ride will take you to South America and back; no passport needed!
STRONG by Zumba™	Combine high intensity interval training with the science of Synced Music Motivation. Every squat, lunge and move is perfectly synced to the music to make your workout more efficient than ever. You will use your own body weight to improve muscular endurance, tone and definition.
Urban Beats Cycle	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to the beat of the music using hill climbs, varying resistance, and fast cadences all to the beat of R&B and Urban music.
Zumba®	Take the "work" out of this total body workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Yep. Super Fun? You got it! No dance experience required!

### YOGA & MORE!

Barre	This class fuses the best of dance, yoga and Pilates! Primarily using the ballet barre, you will do exercises that improve core strength, balance and posture while toning your entire body.
Deep Pause	Give yourself permission to pause during your day. Deep Pause is an extended Savasana (restorative rest) with guided deep breathing, relaxation and visualization techniques coupled with Indu hand/shoulder massage and eye pillows.
Fundamental (Basic) Yoga Flow	This medium intensity class will build a solid foundation in basic asanas and familiarize students with movement flowing with the breath. Students will learn about setting intentions for a meditative practice and develop poise, flexibility, balance, and strength. The teacher will suggest variations, allowing each student to practice at a suitable level. Everyone is welcome – no yoga experience necessary.
Guided Meditation	Following Restorative Yoga, this extended meditation is practiced to candlelight, soothing soundscape, and incense to help center the mind and body, focusing on the space between the thoughts.
Hot Power Yoga	Power Yoga is a more athletic, vigorous style of Vinyasa Yoga. It will leave you feeling strong and energized! Our Hot Yoga class is performed with a temperature in the upper 80's.
Restorative Yoga	Deep relaxation and letting go to gravity, Restorative Yoga to candlelight uses blocks, bolsters, straps, and blankets for the greatest possible support in poses lying or sitting on the ground. Learn the practice of deep breath release and meditation, calming the central nervous system and making space for the parasympathetic "rest and digest" nervous system to bring you to balance.
Vinyasa Flow Yoga	Vinyasa Flow links breath to movement, smoothly transitioning the student from one pose to another via the rhythm of their breath. This style of yoga incorporates strength and muscular endurance, increases flexibility through longer holds, and inspires a moving meditation for greater personal awareness and empowerment. Our instructors offer a variety of Vinyasa Flow classes, including Jivasara, Power, and Fundamental yoga. Please see our separate descriptions for Hot Power Yoga and Fundamental (Basic) Yoga as well as our instructor bios to learn about the different styles (and temperatures) each instructor will bring to the class.

- A towel (provided) and water bottle are required for all classes.
- A heart rate monitor is strongly recommended for our "Cycle & More" classes.
- Proper workout attire and footwear is required.
- Cycle shoes are strongly recommended for Cycle classes. We have cycle shoes available to rent or purchase in our boutique.
- A Yoga mat is required for Yoga and Cycle Flow classes. Yoga mats are available to rent or purchase in our boutique.
- Boxing gloves and 180" hand wraps are required for Boxing Bootcamp classes. Both are available to rent or purchase in our boutique.
- Please arrive early and stay through the class so as not to disrupt the others and to ensure a proper warm up and cool down period.
- Notify your instructor and / or desk staff if you are new to class or have any special concerns (injury, pregnancy, diabetes, surgery, etc.) so modifications can be provided.
- Always eat and drink plenty of water prior to class. Remember to hydrate during and after class as well!
- Visit our website for FAQs so you have can have the best workout experience!
- Be present and courteous to others! Please leave your mobile devices and other distractions outside of the studio. This is your time!