

Dear Valued NLF customer/member/friend,

With the current COVID-19 situation, we thought that we would formally update you on our future services at **Next Level Fitness**.

In line with the advice of the government and for the own personal safety of our members, we decided to close the doors of HQ on Wednesday the 18th of March.

This was a decision that was not taken lightly and since then we have had to vastly make the switch to online training and coaching.

So, what's going to change?

We've temporarily switched from being a traditional gym, to an Online Training Platform via Facebook. This is how we will be operating our main membership services until we get the go ahead to re-open our facility.

Active NLF members will get access to the following:

1. Classes

Current and future NLF members will get full access to 4 LIVE Online classes daily. These classes are saved and can be completed at anytime during the day. We've included a range of classes, from kids P.E to HIIT circuits, Dance, Core, Strength, Boxing and MetCon.

This means EVERY NLF member gets the class they love and deserve from us.

2. Nutritional Support

We'll be posting free DAILY healthy recipes, and educational content on how to stay healthy throughout this Covid19 situation.

3. Technique Coaching

Members will never feel alone as we'll be posting daily technique tutorials on exercises that are tough to grasp. We'll be showing a range of progressions and regressions, so every member can work hard at their own level.

4. Weekly challenges

We've created a 'Lockdown League' where members and their families can take part in fun challenges and activities to keep motivation levels high with some friendly competition involved!

5. Constant Support & accountability

We'll be jumping on our Live Platform daily to deliver Q&A's on lifestyle, health, stress, fitness, nutrition and more. Our inbox is always open for member queries and questions, and we'll ensure you can continue to get

results from home!

6. Online Community Games

We'll be hosting weekly events like Quiz Nights, themed workouts and fun games for the entire family. Things like this will bring us closer together as a gym community and inspire us to stay positive in these tough times.

How to sign up or renew:

NLF memberships are available to purchase online at <https://www.next-level-fitness.co.uk/join-us>

Or via our app and schedule here | <https://get.mndbdy.ly/mdwcfy10J4>

Monthly membership = £40 zero contract

Weekly membership = £15 zero contract

We would once again like to take this opportunity to thank each and every one of you for your continued support, dedication and commitment at this difficult time.

We ask that if you have the means to do so, please support ALL small local business at this time.

Your support is greatly appreciated and will be returned in the long run.

Sending you our love and strength,

Julie Henderson

Marisa Da Silva

Team Next Level Fitness