

Mission

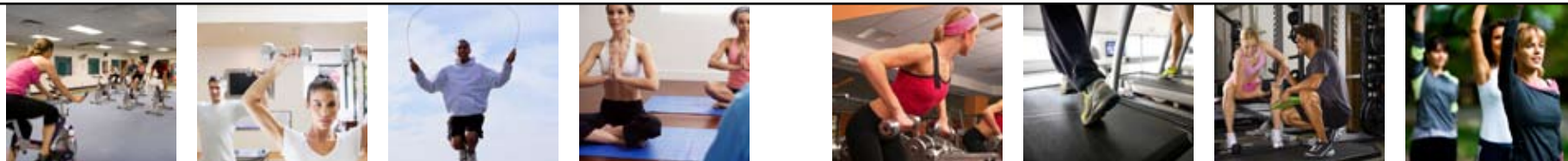
Next Level Fitness is dedicated to helping the population understand what being of sound health and mind really means. Through our educated staff of trainers we emphasize the need of proper training and nutrition to keep our clients strong, healthy and injury free. By using our programs we are able to connect with our clients.

Location

22 River Street
Suite 1
Braintree, MA 02184
617-487-4001
www.nlfhealth.com



*“Not just personal training, we
change lives!”*





Overview

Next Level Fitness is Boston's premier Fitness Company. We specialize in creating safe, effective exercise programming for our clients either in their homes, offices or in our studios. We also provide workshop services for companies large and small that help address current health issues like diabetes prevention, stress relief, or improved fitness.





In-Home Training

Our In-Home Personal Training program is a great way to make the physical and fitness advancements that you are looking for. Whether or not you have fitness equipment at your house our trainers can help you achieve your goals. We will bring the fitness equipment to your house that you need to be successful. Our experienced In-Home Personal Trainers will make sure you work-out safely, effectively, and design a program that is specifically designed to meet your needs.

In-Home Massage Therapy

Our In-Home Massage Therapy program is a great addition to our training program. We have our Massage Therapist come to your home. We create the spa experience inside your home. If you don't feel like heading out to the spa we can have our therapist come to your home. All of our Massage Therapist are experienced in several kinds of massage. Want to see what kinds of massage our therapist are experienced in?



Corporate Programs

Next Level Fitness not only works with private clients, we also provide corporate workshops for clients with employees who need to increase productivity and reduce employee absenteeism.

We understand that it is in the companies best interest to have healthy employees working at full capacity. That is why we create workshops geared to helping empower employees through health and fitness education.

Consulting

Next Level Fitness also provides consulting for gyms, personal training studios and owners of health facilities that are looking to increase personal training revenues, profits and implement personal training programs. By hiring us to consult with you and your staff, you will add revenue, increase facility usage and see your ancillary revenue grow.



Boot Camps

Next Level Boot Camps is eastern MA's #1 Fitness Boot Camp. With our experienced fitness professionals and group fitness programs that are second to none we provide our clients the ultimate experience to help them improve themselves.

You can expect your boot camp coach to keep you motivated and if you find that an exercise is too challenging they will help you so it can accommodate your fitness needs. You also can expect **RESULTS THAT COME QUICKLY!!!**