



ONLINE WORKSHOPS FOR AFRICAN AMERICANS

Online fall fitness Series

By *NXT Level Fitness, LLC, Victor Tolbert, Personal Trainer, Owner*
TUESDAYS, OCT 27 - DEC 15 | 11:00 AM |
ZOOM

Join us every other Tuesday as personal trainer Victor "Mr. Motivation" Tolbert leads an online fitness routine. Victor will offer a series of exercises sessions and tips to stay on track with your physical health. This series is geared towards 55 & up. All levels are welcomed to participate.

Learn how to:

- Identify and reach fitness goals
- Establish an effective at home workout routine
- Train at your pace!



BONUS

- **ALL participants will receive a FREE food bag provided by the Emergency Feeding Program**
- **\$25 Safeway Gift card for those who attend at least three out of six live sessions**

[CLICK TO REGISTER](#)

NXT Level Fitness seeks to impact lives domestically and internationally with functional and dynamic movement as well as high intensity professional training for people of all ages and skill levels. NXT Level Fitness will also provide world class sports training for professional athletes and youths. NXT Level Fitness will prepare the athlete to compete at the highest level of play on the field. With positive motivation, leadership, and inspiration, NXT Fitness Fitness will push you and help you reach your personal and professional goals.

Check out <http://www.nxtlevel-fitness.com/> for more information

