

A good deal just got better!

The Center for Human Nutrition Exercise and Metabolism (NExT) is now hosting virtual Aerobic Cardio Exercise (ACE) classes that can be done right within your own home!

Receive 2 weeks of classes for the price of 1!

Message us now for details!

chnext.training@sebs.rutgers.edu

ACE classes are short and effective
at 30 minutes to reduce fat
(3 classes/wk) for 12 weeks
\$19.95/wk

With this promotion you will
receive up to 24 weeks @ the
same price!

Class times:

Tue, Thu, Fri - 7:15 AM

Mon, Fri - 6:00 PM

Plus possible Wed at Noon class if there is interest

The NExT Center is dedicated to improve health and performance. We are a laboratory that carries out research having limited supervised sessions with a certified trainer to focus on results with a commitment to your fitness.



Fitness Training Director:

William Maldonado, MS, CSCS

chnext.training@sebs.rutgers.edu

61 Dudley Road, New Brunswick, NJ

(848) 932-0256