



**April 2024**

Ladies Fitness & Wellness  
919-845-9200  
www.LFWNC.com  
6516 Falls of Neuse Rd.

Highlighted classes also will be streamed on our Members Only Facebook Page!

Classes 45 min. unless otherwise noted.

Watch our Facebook and Instagram STORIES for full virtual schedule!

All fitness levels welcome! First class FREE!

For your safety, **NO LATE ENTRY** to classes.

Please bring your own mat, towel, and water.

**All group fitness classes included with Membership.**

\*designates additional fee for Small Group and Virtual Small Groups  
\$12 per session for members  
(\$10 per session for full month)  
\$15 per session for nonmembers  
Please email staff@LFWNC.com or sign up at front desk to reserve SG spot.

	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00am Kettlebell Lilly 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita	2 10:00 Stretch Lilly 5:30pm SELF DEFENSE Lilly 7:00pm* SGV	3 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	4 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	5 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	6 7:30 Pedal to the Metal Anita 8:30* SG Tank Top Arms Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
7 9:30am Zumba with Mary  Personal Training By Appt	8 6:00am Arm'd & Dangerous Anita 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30pm Spin Interval Anita	9 10:00 Stretch Lilly 5:30pm FUNctional Barre LISA 7:00pm* SGV	10 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	11 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	12 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	13 7:30 Bootcamp Jennifer 10:15 PILOX Lilly 11:15* SG X Train Christy

14 9:30am Zumba with Mary 1:00pm* SG Rebounder Personal Training By Appt	15 6:00am Barre & Bounce Lilly 8:15 Core & Mix Debbie 5:30pm Butt & Gut Donnae 6:30pm Spin Anita	16 10:00 Stretch Lilly 5:30pm Yoga Fusion Lilly 7:00pm* SGV	17 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	18 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	19 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Hula Hoop EXP Sonia 10:00* SG Stretch & Core Lilly	20 7:30 SHI*T Anita 8:30* SG Athletic Training Anita 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
21 9:30am Zumba with Mary Personal Training By Appt	22 6:00am Length & Strength Anita 8:15 Core & Mix Debbie 5:30pm Awesome Arms Christy 6:30pm Spin Interval Anita	23 10:00 Stretch Lilly 5:30pm Barre Fit Lilly 7:00pm* SGV	24 6:00am High Intensity Intervals Anita 9:15 Sculpt Donnae 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	25 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	26 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	27 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
28 9:30am Zumba with Donna 1:00pm* SG Corepole Personal Training By Appt	29 6:00am Barbell Sculpt Lilly 8:15 Core & Mix Debbie 5:30pm Butt & Gut Christy 6:30pm Spin Interval Anita	30 10:00 Stretch Lilly 5:30pm Yoga Fusion Lilly 7:00pm* SGV				

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