



August 2023

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

*designates additional fee

Small Group Groups limited to 6 ladies.

MUST email staff@LFWNC.com or sign up at front desk to reserve spot.

Want to do a weekend Small Group, but can't make them all?

Ask us how we can make it work!

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

Watch our Facebook and Instagram STORIES for full virtual schedule!

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

Please bring your own mat, towel, and water.

Classes 45 min. unless otherwise noted.

Return of the ~~cross-out~~ classes is postponed just for now.

All group fitness classes included with Membership.

All fitness levels welcome!

First class FREE!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		10:00 Stretch Lilly	6:00am High Intensity Intervals Anita 9:15 Sculpt DONNAE 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	7:30 Bootcamp Jennifer 8:30* SG Tank Top Arms Anita 10:15 Pilates Christy 11:15* SG X Train Christy
6	7	8	9	10	11	12
9:30am Zumba with Mary Personal Training By Appt	6:00am Waist Removal Lilly 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	10:00 Stretch Lilly 5:30 Kettlebell Lilly 6:30 Yoga Colleen	6:00am High Intensity Intervals Anita 9:15 Cardio Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout MARY 5:00 Pilates Lilly 6:30 Zumba Mary & Donna	7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Zumba Sonia 10:00* SG Stretch & Core Lilly	7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Pilates Lilly 11:15* SG X Train Christy

13 9:30am Zumba with Mary Personal Training By Appt	14 6:00am Power Yoga Anita 30 min 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Awesome Arms Lilly 6:30 Spin Anita 7:30 Zumba Mary	15 10:00 Stretch Lilly 5:30 SELF DEFENSE Lilly 6:30 Yoga Colleen	16 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm STEP INTERVAL Anita	17 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	18 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	19 7:30 SH*IT Anita 8:30* SG BOSU Anita 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
20 9:30am Zumba with Mary Personal Training By Appt	21 6:00am Kettlebell Lilly 30 min 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	22 10:00 Stretch Lilly 5:30 Yoga Fusion Lilly 6:30 Yoga Colleen	23 6:00am High Intensity Intervals Anita 9:15 Cardio Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm BOOTCAMP Lilly	24 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	25 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	26 7:30 Pedal to the Metal Anita 8:30* SG BOX OUT Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
27 9:30am Zumba with Donna Personal Training By Appt	28 6:00am Bootcamp Anita 8:15 Core & Mix Debbie 5:30 SELF DEFENSE Lilly 6:30 Spin Interval Anita 7:30 Zumba Mary	29 10:00 Stretch Lilly 5:30 BUTT & GUT DONNAE 6:30 Yoga Colleen	30 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	31 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	<p>For your safety, NO LATE ENTRY to classes.</p> <p>Please bring your own mat, towel, and water.</p>	

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