



11 9:30am Zumba with Mary  Personal Training By Appt	12 6:00am Arm'd & Dangerous Anita  8:15 Core & Mix Debbie  5:30 Awesome Arms Christy  6:30pm Spin Interval Anita	13  10:00 Stretch Lilly    5:30pm FUNCTIONAL Barre LISA  7:00pm* SGV	14 6:00am High Intensity Intervals Anita  9:15 Love to Sculpt Lilly  5:00PM* SG BOSU Lilly  6:00pm Zumba Wendy	15 8:00 No Jump Fat Burn Debbie  9:15 Total Body Workout Michelle  5:00 Core Amore Lilly  6:30 Zumba Donna	16  7:00* SG Pilates HIIT Lilly  8:00* SGV Stretch & Meditate Lilly  9:00 Dance Xross Fitness Sonia  10:00* SG Stretch & Core Lilly	17  7:30 Pedal to the Metal Anita  8:30* SG Booty Call Anita  10:15 Pilates Lilly  11:15* SG X Train Christy
18 9:30am Zumba with Mary  1:00pm* SG Corepole  Personal Training By Appt	19 6:00am Bootcamp Lilly  8:15 Core & Mix Debbie  5:30pm Butt & Gut Christy  6:30pm Spin Anita	20  10:00 Stretch Lilly    5:30pm Yoga Fusion Lilly  7:00pm* SGV	21  6:00am High Intensity Intervals Anita  9:15 Sculpt Lilly  5:00PM* SG BOSU Lilly  6:00pm Zumba Wendy	22 8:00 No Jump Fat Burn Debbie  9:15 Total Body Workout Michelle  5:00 Pilates Lilly  6:30 Zumba Mary	23  7:00* SG Pilates HIIT Lilly  8:00* SGV Stretch & Meditate Lilly  9:00 Drums Alive Sonia  10:00* SG Stretch & Core Lilly	24 7:30 SHI*T Anita  8:30* SG On the Ball Anita  10:15 Pilates Fusion Kai  11:15* SG X Train Christy
25 9:30am Zumba with Mary  Personal Training By Appt	26 6:00am Power Yoga Anita  8:15 Core & Mix Debbie  5:30pm Awesome Arms Christy  6:30pm Spin Interval Anita	27  10:00 Stretch Lilly    5:30pm Barre Fit Lilly  7:00pm* SGV	28 6:00am High Intensity Intervals Anita  9:15 Sculpt DONNAE  5:00PM* SG BOSU Lilly  6:00pm Zumba Wendy	29 8:00 No Jump Fat Burn Debbie  9:15 Total Body Workout Michelle  5:00 Pilates Lilly  6:30 Leap Day Zumba Mary & Donna	<p><b>All group fitness classes included with membership.</b></p> <p><b>*designates additional fee for Small Group and Virtual Small Groups</b>  <b>\$12 per session for members</b>  <b>(\$10 per session for full month of group)</b>  <b>\$15 per session for nonmembers</b>  Please email <a href="mailto:staff@LFWNC.com">staff@LFWNC.com</a>  or sign up at front desk to reserve SG spot.</p>	

All fitness levels welcome!  
**First class FREE!**

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

Please bring your own mat, towel, and water.

Classes 45 min. unless otherwise noted.