



June 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 7:30 Pedal to the Metal Anita 8:30* SG Tank Top Arms Anita 9:15* SG Cardio Interval 10:15 Pilates Lilly
2 9:30am Zumba with Mary Personal Training By Appt	3 6:00am Power Yoga Anita 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30pm Spin Interval Anita	4 10:00 Stretch Lilly 5:30pm FUNctional Barre LISA 7:00pm* SGV	5 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	6 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	7 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	8 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 9:15* SG Cardio Interval Outdoor 10:15 Pilates Lilly

9 9:30am Zumba with Mary Personal Training By Appt	10 6:00am Barre & Bounce Lilly 8:15 Core & Mix Debbie 5:30pm Butt & Gut Christy 6:30pm Spin Anita	11 10:00 Stretch Lilly 5:30pm Yoga Fusion Lilly 7:00pm* SGV	12 6:00am High Intensity Intervals Anita 9:15 Sculpt DONNAE 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	13 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	14 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Hula Hoop EXP Sonia 10:00* SG Stretch & Core Lilly	15 7:30 Bootcamp Jennifer 8:30* SG Hip Hip Hooray Anita 9:15* SG Cardio Interval 10:15 PILOX Lilly
16 9:30am Zumba with Mary 1:00pm* SG Corepole Lilly Personal Training By Appt	17 6:00am Arm'd & Dangerous Anita 8:15 Core & Mix Debbie 5:30pm Awesome Arms Christy 6:30pm Spin Trivia Anita	18 10:00 Stretch Lilly 5:30pm Barre Fit Lilly 7:00pm* SGV	19 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	20 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	21 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	22 7:30 SHI*T Anita 8:30* SG Upper Body Barbell Anita 9:15* SG Cardio Interval Outdoor 10:15 Pilates Fusion Kai
23 9:30am Zumba with Mary 30 9:30am Zumba with Mary 1:00pm* SG Corepole Lilly	24 6:00am Barbell Sculpt Lilly 8:15 Core & Mix Debbie 5:30pm Butt & Gut Christy 6:30pm Spin Interval Anita	25 10:00 Stretch Lilly 5:30pm Yoga Fusion Lilly 7:00pm* SGV	26 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	27 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	28 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	29 7:30 Pedal to the Metal Anita 8:30* SG Gliders Anita 9:15* SG Cardio Interval 10:15 Pilates Lilly

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