



May 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 High Intensity Intervals Anita	2 8:00 No Jump Fat Burn Debbie	3 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly 6pm Zumba for the Cure	4 7:30 Pedal to the Metal Anita 8:30* SG Tank Top Arms Anita 9:15* SG Cardio Interval Lilly 10:15 Pilates Lilly
			9:15 Sculpt Lilly	9:15 Total Body Workout Lilly		
			5:00PM* SG BOSU Lilly	5:00 Pilates Lilly 6:30 Zumba Mary		
			6:00pm Zumba Wendy			
5 9:30am Zumba with Mary Personal Training By Appt	6 6:00am Barre & Bounce Lilly 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30pm Spin Interval Anita	7 10:00 Stretch Lilly 5:30pm FUNctional Barre LISA 7:00pm* SGV	8 6:00am High Intensity Intervals Anita 9:15 Sculpt Donnae 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	9 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	10 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	11 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 9:15* SG Cardio Interval Lilly 10:15 Towel Pilates Lilly

12 9:30am Zumba with Donna 1:00pm* SG Corepole Lilly Personal Training By Appt	13 6:00am Waist Removal Lilly 8:15 Core & Mix Debbie 5:30pm Butt & Gut Christy 6:30pm Spin Anita	14 10:00 Stretch Lilly 5:30pm Yoga Fusion Lilly 7:00pm* SGV	15 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	16 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary <i>Last Disco with Donna</i>	17 7:00* SG Pilates HIIT Lilly 8:00* SGV Stretch & Meditate Lilly 9:00 Hula Hoop FXP Sonia 10:00* SG Stretch & Core Lilly	18 7:30 Bootcamp Jennifer 8:30* SG Gone Viral Anita 9:15* SG Cardio Interval Lilly 10:15 Pilates Fusion Kai
19 9:30am Zumba with Mary Personal Training By Appt	20 6:00am Arm'd & Dangerous Anita 8:15 Core & Mix Debbie 5:30pm Awesome Arms Christy 6:30pm Spin Interval Anita	21 10:00 Stretch Debbie 5:30pm BOOTY BOOTY BOOTY Anita 7:00pm* SGV	22 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	23 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Christy 6:30 Zumba Mary	24 6:00* SG Pilates HIIT Anita 8:00* SGV Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	25 7:30 SHI*T Anita 8:30* SG Sculpt Anita 10:15 Pilates Lilly
26 9:30am Zumba with Mary Personal Training By Appt	27 8:15 15/15/15 Anita HAPPY MEMORIAL DAY	28 10:00 Stretch Debbie 5:30pm Bootcamp Jennifer 7:00pm* SGV	29 6:00am High Intensity Intervals Anita 9:15 Sculpt Michelle 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	30 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Christy 6:30 Zumba Mary	31 6:00* SG Pilates HIIT Anita 8:00* SGV Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	

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