



# November 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.

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

Watch our Facebook and Instagram STORIES for full virtual schedule!

## All group fitness classes included with Membership.

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.

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

	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm KARDIOJAM Nazy	2 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	3 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	4 7:30 Pedal to the Metal Anita 8:30* SG Tank Top Arms Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
5 9:30am Zumba with Donna  Personal Training By Appt	6 6:00am Waist Removal Lilly 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	7 10:00 Stretch Lilly  5:30 SELF DEFENSE Lilly 6:30 Yoga Colleen	8 6:00am HIIT Anita (30 min) 6:30am Foam Roll (15 min) 9:15 Sculpt Lilly 10:00am Meditate & Sound Bath Lilly (15 min) 5:00PM* SG BOSU Lilly 6:00pm KARDIOJAM Nazy	9 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates & Aromatherapy Lilly 6:30 Zumba Mary	10 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Tai Chi Dance Flow Sonia 10:00* SG Stretch & Core Lilly	11 7:30 Bootcamp Jennifer 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
November 8-14 Stress Free Week!						

Watch our social media for the full Stress Free schedule!

## November 8-14 Stress Free Week!

Watch our social media for the full Stress Free schedule!

12 9:30am Zumba Party for the Pantry  Personal Training By Appt	13 6:00am Bootcamp Lilly 6:30am Meditation (15 min) Lilly 8:15 Core & Relax Debbie 5:30 Awesome Arms Christy (30 min) 6:00pm Strap Stretch Christy (15 min) 6:30pm Flow Ride Anita	14 10:00 Stretch <i>by Synergy</i> Lilly (30 min) 10:30 Meditate & Sound Bath Lilly (15 min) 5:30 Slow Flow Lilly 6:30 Yoga Colleen	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 Donna & Mary	17 6:00* SG Pilates HIIT Anita 8:00* SG Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	18 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Pilates Fusion Christy 11:15* SG X Train Christy
19 9:30am Zumba with Mary  Personal Training By Appt	20 6:00am Bootcamp Anita 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	21 10:00 Stretch Debbie 5:30 Bootcamp Christy 6:30 Yoga Colleen	22 6:00am High Intensity Intervals Anita 9:15 Sculpt Michelle 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	23 HAPPY THANKSGIVING	24 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Zumba Sonia 10:00* SG Stretch & Core Lilly	25 7:30 SHI*T Anita 8:30* SG ABSolutely Anita 10:15 Pilates Fusion Christy 11:15* SG X Train Christy
26 9:30am Zumba with Mary  Personal Training By Appt	27 6:00am Power Yoga Anita 30 min 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30 Spin Anita 7:30 Zumba Mary	28 10:00 Stretch Lilly 5:30 BarreFit Lilly 6:30 Yoga Colleen	29 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 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 Lilly 6:30 Zumba Mary		

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