



# September 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!

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
					7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	7:30 Pedal to the Metal Anita 8:30* SG Tank Top Arms Anita 10:15 Pilates Lilly
3	4	5	6	7	8	9
9:30am Zumba with Donna  Personal Training By Appt	8:15 15/15/15 Anita  HAPPY LABOR DAY	10:00 Stretch Lilly  5:30 Kettlebell Lilly 6:30 Yoga Colleen	6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly  5:00PM* SG BOSU Lilly 6:00pm BOOTCAMP Lilly	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 Hula Hoop FXP Sonia 10:00* SG Stretch & Core Lilly	7:30 Pedal to the Metal Anita 8:30* SG <del>Boaty Call</del> Anita 10:15 Pilates Lilly 11:15* SG X Train Christy

10 9:30am Zumba with Mary  Personal Training By Appt	11 6:00am Bootcamp Lilly 8:15 Core & Mix Debbie  5:30 Butt & Gut Christy 6:30 Bootcamp Christy 7:30 Zumba Mary	12  10:00 Stretch Lilly  5:30 SELF DEFENSE Lilly 6:30 Yoga Colleen	13 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly  5:00PM* SG BOSU Lilly 6:00pm STEP INTERVAL Anita	14 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle  5:00 Pilates Lilly 6:30 Zumba Mary	15 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Drums Alive Sonia  10:00* SG Stretch & Core Lilly	16 7:30 Bootcamp Jennifer 8:30* SG Back Attack Anita 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
17 9:30am Zumba with Mary  Personal Training By Appt	18 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 Interval Anita 7:30 Zumba Mary	19  10:00 Stretch Lilly  5:30 Yoga Fusion Lilly 6:30 Yoga Colleen	20 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly  5:00PM* SG BOSU Lilly 6:00pm KARDIOJAM Nazy	21 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle  5:00 Pilates Lilly 6:30 Zumba Donna	22 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly  9:00 Zumba Sonia 10:00* SG Stretch & Core Lilly	23 7:30 Bootcamp Debbie  10:15 Pilates Lilly 11:15* SG X Train Christy
24 9:30am Zumba with Mary  Personal Training By Appt	25 6:00am Bootcamp Lilly 8:15 Core & Mix Debbie  5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	26  10:00 Stretch Lilly  5:30 POUND Lisa 6:30 Yoga Colleen	27 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly  5:00PM* SG BOSU Lilly 6:00pm BOOTCAMP Lilly	28 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle  5:00 Pilates Lilly 6:30 Zumba Mary	29 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly  9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	30 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Towel Pilates Lilly 11:15* SG X Train Christy

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