


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> June 2023 </div>			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.

Want to do a weekend Small Group, but can't make them all?

Ask us how we can make it work!

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.

				1	2	3
				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 Bootcamp Jennifer 8:30* SG Hip Hip Hooray Anita 10:15 Pilates Christy 11:15* SG X Train Christy
4	5	6	7	8	9	10
9:30am Zumba with Mary Personal Training By Appt	6:00am Power Yoga Anita 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Butt & Gut Donnae 6:30 Spin Anita 7:30 Zumba Mary	10:00 Stretch Lilly 5:30 SELF DEFENSE Lilly 6:30 Yoga Colleen	6:00am High Intensity Intervals Anita 9:15 Cardio Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	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 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 11:15* SG X Train Christy

11 9:30am Zumba with Mary Personal Training By Appt	12 6:00am Waist Removal Lilly 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	13 10:00 Stretch Lilly 5:30 Cardio Box Lilly 6:30 Yoga Colleen	14 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	15 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Lilly 5:00 Pilates Lilly 6:30 Zumba Mary	16 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	17 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
18 9:30am Zumba with Mary Personal Training By Appt	19 6:00am Bootcamp Anita 8:15 Core & Mix Debbie 5:30 Awesome Arms Lilly 6:30 Spin Interval Anita 7:30 Zumba Mary	20 10:00 Stretch Lilly 5:30 Butt & Gut Donnae 6:30 Yoga Colleen	21 6:00am High Intensity Intervals Anita 9:15 Cardio Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm STEP INTERVAL Anita	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* SG Stretch & Meditate Lilly 9:00 Zumba Sonia 10:00* SG Stretch & Core Lilly	24 7:30 SH*IT Anita 8:30* SG BOSU Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
25 9:30am Zumba with Mary Personal Training By Appt	26 6:00am Kettlebell Lilly 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	27 10:00 Stretch Lilly 5:30 Cardio Box Lilly 6:30 Yoga Colleen	28 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm BOOTCAMP Lilly	29 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	30 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Dance Xross Fitness Sonia 10:00* SG Stretch & Core Lilly	

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