



May 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.

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

Ask us how we can make it work!

PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE PURSUANT TO GOVERNMENT GUIDELINES. CONTINUE MONITORING OUR SOCIAL MEDIA FOR ANY UPDATES. WE ALSO RESERVE THE RIGHT TO MAKE ANY MODIFICATIONS OR LIMITATIONS AT ANY TIME WE FEEL IN THE BEST INTEREST OF THE SAFETY OF OUR MEMBERS OR STAFF.

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
	<p>1 6:00am Barre Fit Lilly 8:15 Core & Mix Debbie 5:30 SELF DEFENSE Lilly 6:30 Spin Interval Anita 7:30 Zumba Mary</p>	<p>2 9:00* SG Kettlebell Lilly 10:00 Stretch Lilly 5:30 Kettlebell Lilly 6:30 Yoga Colleen</p>	<p>3 6:00am High Intensity Intervals Anita 9:15 Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy</p>	<p>4 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 6:00pm Zumba Party in Pink</p>	<p>5 6:00am Core & Mix Debbie 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly</p>	<p>6 7:30 Bootcamp Jennifer 8:30* SG Tank Top Arms Anita 10:15 Pilates Christy 11:15* SG X Train Christy</p>
<p>7 9:30am Zumba with Mary Personal Training By Appt</p>	<p>8 6:00am Power Yoga Anita 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Awesome Arms Lilly 6:30 Spin Anita 7:30 Zumba Mary</p>	<p>9 9:00* SG Kettlebell Lilly 10:00 Stretch Lilly 5:30 Cardio Box Lilly 6:30 Yoga Colleen</p>	<p>10 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy</p>	<p>11 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary</p>	<p>12 6:00am Core & Mix Debbie 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Hula Hoop FXP Sonia 10:00* SG Stretch & Core Lilly</p>	<p>13 7:30-10:00 1000 Calorie Challenge 11:15* SG X Train Christy</p>

14 9:30am Zumba with Mary Personal Training By Appt	15 6:00am Waist Removal Lilly 30 min 6:30am Morning Meditation 15 min 8:15 Core & Mix Debbie 5:30 Butt & Gut Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	16 9:00* SG Kettlebell Lilly 10:00 Stretch Lilly 5:30 Cardio Box Lilly 6:30 Yoga Colleen	17 6:00am High Intensity Intervals Anita 9:15 Cardio Sculpt Sabra 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	18 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Donna	19 6:00am Core & Mix Debbie 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Drums Alive Sonia 10:00* SG Stretch & Core Lilly	20 7:30 Pedal to the Metal Anita 8:30* SG Booty Call Anita 10:15 Pilates Lilly 11:15* SG X Train Christy
21 9:30am Zumba with Mary Personal Training By Appt	22 6:00am Bootcamp Anita 8:15 Core & Mix Debbie 5:30 Awesome Arms Christy 6:30 Spin Interval Anita 7:30 Zumba Mary	23 9:00* SG Kettlebell Lilly 10:00 Stretch Lilly 5:30 Yoga Fusion Lilly 6:30 Yoga Colleen	24 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	25 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	26 6:00am Core & Mix Debbie 7:00* SG Pilates HIIT Lilly 8:00* SG Stretch & Meditate Lilly 9:00 Zumba Sonia 10:00* SG Stretch & Core Lilly	27 7:30 Pedal to the Metal Anita 8:30* SG Greatest HIITs Anita 10:15 Pilates Fusion Kai 11:15* SG X Train Christy
28 9:30am Zumba with Mary Personal Training By Appt	29 8:15 Core & Mix Debbie HAPPY MEMORIAL DAY	30 9:00* SG Kettlebell Lilly 10:00 Stretch Lilly 5:30 Cardio Box Lilly 6:30 Yoga Colleen	31 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Zumba Wendy	<p>For your safety, NO LATE ENTRY to classes. Please bring your own mat, towel, and water.</p> <p>Classes 45 min. unless otherwise noted. Return of the cross-out classes is postponed.</p>		

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