



Ladies Fitness & Wellness
919-845-9200
www.LFWNC.com
6516 Falls of Neuse Rd.

Please bring your own mat, towel, and water.

		1 10:00 Stretch Lilly 5:30pm Barre Fit Lisa 7:00pm* SGV 15/15/15	2 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Total Body Workout Jenna	3 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	4 7:00* SG Pilates HIIT Lilly 8:00* SGV TGIF 9:00 Weightless Sculpt Darise 10:00* SG Stretch & Core Lilly	5 7:30 Pedal to the Metal Anita 8:30* SG Booty Call JENNA 9:15* SG Cardio Interval 10:15 Holiday Express Lilly
6 9:30am Zumba Mary Personal Training By Appt	7 9:30am 15/15/15 Christy HAPPY LABOR DAY	8 10:00 Stretch Lilly 5:30pm Barre Fit Lisa 7:00pm* SGV 15/15/15	9 6:00am High Intensity Intervals Anita 9:15 Sculpt Lilly 5:00PM* SG BOSU Lilly 6:00pm Total Body Workout Jenna	10 8:00 No Jump Fat Burn Debbie 9:15 Total Body Workout Michelle 5:00 Pilates Lilly 6:30 Zumba Mary	11 7:00* SG Pilates HIIT Lilly 8:00* SGV TGIF 9:00 Hula Hoop FXP Sonia 10:30* SG Stretch & Core Lilly	12 7:30 Bootcamp Jennifer 8:30* SG Hip Hip Hooray JENNIFER 9:15* SG Cardio Interval Lilly 10:15 PILOX Lilly

13	14	15	16	17	18	19
9:30am Zumba Mary	6:00am Barbell Sculpt Lilly	10:00 Stretch Lilly	6:00am High Intensity Intervals Anita	8:00 No Jump Fat Burn Debbie	6:00* SG Pilates HIIT ANITA	7:30 Pedal to the Metal Anita
12:00*SG Basic Ballet	8:15 Core & Mix Debbie		9:15 Sculpt Lilly	9:15 Total Body Workout Michelle	8:00*SGV TGIF	8:30* SG Tank Top Arms ANITA
1:00*SG Corepole	5:30pm Awesome Arms Christy	5:30pm Barre Fit Lisa	5:00PM* SG BOSU Lilly		9:00 Drums Alive Sonia	9:15* SG Cardio Interval Christy
Personal Training By Appt	6:30pm Spin Anita	7:00pm* SGV 15/15/15	6:00pm Total Body Workout Jenna	5:00 Pilates Lilly	10:00* SG Stretch & Core Lilly	10:15 Pilates Fusion CHRISTY
20	21	22	23	24	25	26
9:30am Zumba Mary	6:00am Bootcamp Anita	10:00 Stretch Lilly	6:00am High Intensity Intervals Anita	8:00 No Jump Fat Burn Debbie	7:00* SG Pilates HIIT Lilly	7:30 Total Body Workout JENNA
	8:15 Core & Mix Debbie		9:15 Sculpt Lilly	9:15 Total Body Workout Michelle	8:00* SGV TGIF	8:30* SG Awesome Abs JENNA
Personal Training By Appt	5:30pm Butt & Gut Christy	5:30pm Barre Fit Lisa	5:00PM* SG BOSU Lilly		9:00 Zumba + Lift Sonia	9:15* SG Cardio Interval Lilly
	6:30pm Spin Interval Anita	7:00pm* SGV 15/15/15	6:00pm Total Body Workout Jenna	5:00 Pilates Lilly	10:00* SG Stretch & Core Lilly	10:15 Pilates Fusion Kai
27	28	29	30			
9:30am Zumba Mary	6:00am Waist Removal Lilly	10:00 Stretch Lilly	6:00am High Intensity Intervals Anita			
12:00*SG Self Defense	8:15 Core & Mix Debbie		9:15 Sculpt DONNAE			
1:00*SG Corepole	5:30pm Awesome Arms Christy	5:30pm Barre Fit Lisa	5:00PM* SG BOSU Lilly			
Personal Training By Appt	6:30pm 15/15/15 Anita	7:00pm* SGV 15/15/15	6:00pm Total Body Workout Jenna			
All group fitness classes included with membership. *designates additional fee for Small Group and Virtual Small Groups Please email staff@LFWNC.com or sign up at front desk to reserve SG spot.						