



LADIES WORKOUT EXPRESS

3924 MERRICK ROAD, SEAFORD 516-826-8858

FALL 2017

WWW.LADIESWORKOUTEXPRESS.COM/SEAFORD

LWSEAFORD@GMAIL.COM

*Classes are subject to change without notice. Minimum of 3 participants to hold class

HOURS

8/5/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6AM	6AM	6AM	6AM	8AM	9AM
TO	TO	TO	TO	TO	TO	TO
9PM	9PM	8PM	8:30PM	7:30PM	1PM	12:30PM

CLASSES

					BOOTCAMP EXPRESS 8:15-8:45AM (JESSICA)	
UPPER BODY TONE 8:30-9:15AM (MARNIE)	KNOCK OUT BAG CLASS 9:15-10:15AM*** (MIKE)	LOWER BODY TONE 8:30-9:15AM (MARNIE)		ARMS & ABS 8:45-9:25AM (DONNA)		PILATES 9-9:45AM (LISA B.)
ZUMBA® 9:30-10:25AM (JESSICA)	FIT OVER 50 STRENGTH & BALANCE 9:30-10:15AM (JESSICA)	PILOXING® 9:30-10:25AM (JESSICA)	CARDIO STRETCH 9:20-10:05AM (JESSICA)	HIIT 9:30-10:25AM (JESSICA)	ZUMBA® 10-11AM (JESSICA)	ZUMBA® 10-11AM (ANDREW)
FIT OVER 50 HEART HEALTH & STRECH 10:30-11:15AM (JESSICA)	ZUMBA® 10:15-11:15AM (JESSICA)	ZUMBA GOLD® 10:30-11:15AM (MARILYN)	DRUMS ALIVE® 10:15-11AM (JESSICA)	ZUMBA GOLD® 10:30-11:15AM (JESSICA)	SPECIAL WORKSHOPS *ASK FOR DETAILS OR CHECK FLYER	GENTLE YOGA 11PM-12PM (MELISSA)
15 MINUTE ABS 11:15-11:30 (JESSICA)	RESERVED FOR SPECIAL EVENTS					
		SPECIAL WORKSHOPS: ASK FOR DETAILS OR CHECK FLYERS			YOUNG LIVING ESSENTIAL OILS	
		FITBALL (DONNA) 5:20-6PM			INDEPENDENT DISTRIBUTOR: JESSICA REILLY	
					HOME PARTIES AVAILABLE	
STRONG by ZUMBA® 6-7PM (JESSICA)		ZUMBA® - ODD DAYS PILOXING® - EVEN DAYS 6-6:45PM		EXTREME BOOTCAMP 6:30-7:30PM (MIKE)	\$80 PER SESSION BOOK YOUR APPOINTMENT TODAY!!!!	
	SKINNY JEANS 6:15-7PM (LIZ C.)	EXTREME BOOTCAMP 6:45-7:30PM (MIKE)	MIXED FIT 6:30-7:15PM (JESSICA)	RESERVED FOR SPECIAL EVENTS	PERSONAL TRAINERS	
						MARNIE WALSH JESSICA REILLY
KNOCK OUT KICKBOXING (THERESA) 8-9PM				BOOK A FITNESS PARTY TODAY!!!! (All types/ages)		



*** MUST BRING OWN GLOVES FOR THIS CLASS