



LADIES WORKOUT EXPRESS

3924 MERRICK ROAD, SEAFORD 516-826-8858

WINTER 2019

WWW.LADIESWORKOUTEXPRESS.COM/SEAFORD

LWSEAFORD@GMAIL.COM

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

HOURS

1/15/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6AM	6AM-3PM	6AM	6AM	8AM	9AM
TO	TO	AND	TO	TO	TO	TO
9PM	9PM	4:30PM-8PM	8:30PM	7:30PM	1PM	12PM

CLASSES

	MORNING START MEDITATION 6:30AM** (MARNIE)				BOOTCAMP EXPRESS 8:15-8:45AM (JESSICA)	
TOTAL BODY TONE 8:30-9:15AM (MARNIE)	KNOCK OUT BAG CLASS 9-9:50AM*** (MIKE)	SUPER SCULPT 8:30-9:15AM (MARNIE)		ARMS & ABS 8:30-9:25AM (DONNA)		FITBALL 9-9:45AM (DONNA)
ZUMBA® 9:30-10:25AM (JESSICA)	FIT OVER 50 STRENGTH & BALANCE 9:50-10:30AM (JESSICA)	PILOXING® 9:30-10:25AM (JESSICA)	CARDIO STRETCH 9:20-10:10AM (JESSICA)	HIIT 9:30-10:25AM (JESSICA)	ZUMBA® 10-11AM (JESSICA)	ZUMBA® 10-11AM (TERESE)
FIT OVER 50 HEART HEALTH & STRECH 10:30-11:15AM (JESSICA)	ZUMBA® 10:30-11:30AM (JESSICA)	ZUMBA GOLD® 10:30-11:15AM (MARILYN)	DRUMS ALIVE® 10:30-11:15AM (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	
					INDEPENDENT DISTRIBUTOR: JESSICA REILLY	
					HOME PARTIES AVAILABLE	
					RAINDROP THERAPY SESSIONS	
HIIT 6-6:45PM (JESSICA)		BELLYFIT 6:30-7:15pm (DONNA)	MIXED FIT 6-6:45PM (JESSICA)	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)	15 MINUTE ABS 6:45-7PM (JESSICA)	RESERVED FOR SPECIAL EVENTS	PERSONAL TRAINERS	
KNOCK OUT KICKBOXING (THERESA) 8-9PM				BOOK A FITNESS PARTY TODAY!!!! (All types/ages)	MARNIE WALSH JESSICA REILLY	

*** MUST BRING OWN GLOVES FOR THIS CLASS

**CLASS MEETS ON THE 1ST TUESDAY OF EVERY MONTH. \$5MEMEBERS \$10NON-MEMBER

