_		MON	TUES	WED	THURS	FRI	SAT	SUN	
L A	6:30 AM	SUNRISE RIDE KIM / LILY 45 MIN		TONE, FLEX & STRETCH CYCLING RM JERYL 45 MIN		BODY BAR BLAST JERYL 30 MIN			
D I	8:00 AM	RIP & RIDE JENNIFER WILKES 1 HR	QUICK RIDE JENNIFER WILKES 30 MIN	BEGINNER BOXING LILY 30 MIN	SPINNING LILY / KIM I HR		ZUMBA TONING DONNA 1 HR		
Ē	8:15 AM	BOX POP KIM 45 MIN			WORK ZONE JENNIFER WILKES 45 MIN	MUSCLE HOUR KIM 1 HR			
S W	8:30 AM		LEAN LOWER CYCLING RM JENNIFER WILKES 30 MIN	STEP 'N SCULPT JENNIFER WILKES 1 HR ——OR— CORE STRUCTURE CYCLING RM KIM 75 MIN	KICKBOX REVOLUTION JEN SZAREK I HR		RIP & RIDE JENNIFER WILKES I HR		
O R	8:45 AM		H.I.T. 8 KIM 45 MIN SET UP AT 8:30			CYCLING EXPLOSION JEN SZAREK 1 HR			
K O	9:00 AM	HARD CORE KIM 30 MIN	SPINNING SABRINA 1 HR		ABSOLUTE ABS KIM 15 MIN —OR— PUMP JENNIFER WILKES 15 MIN		100% KICK BOXING KIM / SABRINA 1 HR		
U T	9:30 AM	YOUNG AT HEART DONNA 45 MIN	PUMP KIM 15 MIN	YOUNG AT HEART DONNA 45 MIN		YOUNG AT HEART DONNA 45 MIN			
	12:30 PM		LUNCH BUNCH JERYL 45 MIN		LUNCH BUNCH JERYL 45 MIN				
E X	2:30 PM							SPINNING KIM / SABRINA 1 HR	
P	3:45 PM							ZUMBA TONING DONNA 1 HR	
R E	4:15 PM	WORK ZONE CYCLING RM LILY 45 MIN	BODY BAR BLAST CYCLING RM DONNA R. 30 MIN	ZUMBA DONNA 45 MIN	BOX POP LILY 45 MIN				
S	4:30 PM	STEP KRISTINE 45 MIN		SPINNING SABRINA 1 HR					
S E	4:45 PM		ABSOLUTE ABS CYCLING RM DONNA R. 15 MIN						
F F E	5:00 PM		BB & B KRISTINE 45 MIN	ULTIMATE UPPER KIM 30 MIN	BEGINNER BOXING KRISTINE 30 MIN				
C T I V E	5:15 PM	ABSOLUTE ABS KRISTINE 15 MINOR PUMP KIM 15 MIN	HARD CORE CYCLING RM KIM 30 MIN		RIP & RIDE KIM I HR				
J A N	5:30 PM	SPINNING KIM I HR		H.I.T. 8 KIM 45 MIN SET UP AT 5:15	LEAN LOWER KRISTINE 30 MIN	H.I.T. 8 KIM 45 MIN SET UP AT 5:15			
6th	5:45 PM	ZUMBA DONNA 45 MIN	100% KICKBOXING KIM 1 HR	KICKBOX REVOLUTION CYCLING RM KRISTINE 1 HR					
2013	6:00 PM		RIP & RIDE TRACY 1 HR		TONE, FLEX & STRETCH SABRINA 45 MIN				
	6:30 PM	BEGINNER BOXING TRACY 45 MIN		YOGA CYCLING RM SALLY 1 HR					
	ALL CI	ALL CLASSES SHADED IN GRAY ARE INCLUDED WITH MEMBERSHIP! (SPINNING & INDOOR CYCLING ARE \$1.00) LWE IS PROUD TO OFFER THE MOST CLASSES IN THE AREA AND WILL CONTINUE THIS SCHEDULE PROVIDED S OF MORE BEODE E DECILIABLY ATTENDED ACHICLASS. THANK YOU FOR DEING A LIVE MEMBER AND ENJOY YOUR WORKOUTH							

ALL CLASSES SHADED IN GRAY ARE INCLUDED WITH MEMBERSHIP! (SPINNING & INDOOR CYCLING ARE \$1.00) LWE IS PROUD TO OFFER THE MOST CLASSES IN THE AREA AND WILL CONTINUE THIS SCHEDULE PROVIDED 5 OR MORE PEOPLE REGULARLY ATTEND EACH CLASS. THANK YOU FOR BEING A LWE MEMBER AND ENJOY YOUR WORKOUT!!

LADIES WORKOUT EXPRESS

298-4667

www.ladiesworkoutexpress.com/asheville1

BEGINNER LEVEL

BB & B- 25 MIN. CARDIO - BASIC STEP MOVES MIXED WITH BAND AND BALL WORK - GET FAMILIAR WITH THE STEP YET TONE.

BEGINNER BOXING- 30 MIN. CARDIO -INTRODUCTION TO KICK BOXING.
YOUNG AT HEART- 25 MIN. CARDIO - EASIER PACED CLASS & LIGHT TONING. A LOW INTENSITY CLASS FOR THOSE WITH ANY SPECIAL CONCERNS.

INTERMEDIATE LEVEL

100% KICK BOXING- 50 MIN CARDIO - EXCITING PUNCH/ KICK COMBINATIONS - ON AND OFF A BAG... FUN.FUN.FUNI

H.I.T. 8♥—45 MIN CARDIO—8 ROUNDS OF 8 EXERCISES—INTERVAL HIGH INTENSITY TRAINING—20 SEC. HARD WORK TO 10 SEC. RECOVERY, PLYO AND HARD CORE MOVEMENTS. HR TRAINING

BOX POP ♥—45 MIN CARDIO—PUNCH-KICK- AND-PLYO POPPING MOVEMENTS IN INTERVAL STYLE TO TRAIN THE HEART.

KICKBOX REVOLUTION—55 MIN CARDIO—30 MINUTES OF KICKBOXING COMBINATIONS AND 30 MINUTES OF INDOOR CYCLING STEP 'N SCULPT—45 MIN CARDIO—STEP COMBINATIONS INTERMIXED WITH TOTAL BODY SCULPTING

STEP-40 MIN CARDIO-STEP COMBINATIONS KEEPING THE HEART RATE IN FAT BURNING ZONE.-SHOULD HAVE SOME STEP EXPERIENCE

ADVANCED LEVEL

MUSCLE HOUR- NO CARDIO-TOTAL BODY TONING IN 1 HOUR - MUST HAVE GOOD EXPERIENCE WITH WEIGHT TRAINING.

HARD CORE - NO CARDIO - ADVANCED CORE MOVEMENTS USING THE WHOLE GYM, MACHINES, BALLS, AND MORE! MUST HAVE WIEGHT EXPERIENCE AND A STRONG CORE.

CORE STRUCTURE- NO CARDIO - A MIXTURE OF ADVANCED CORE STABILITY MOVES, WEIGHT TRAINING, AND NICE ELONGATION OF MUSCLE GROUPS. MUST HAVE A STRONG CORE.

ZUMBA- 45 MIN CARDIO - LATIN DANCE AND FITNESS INTERMIXED WITH HIGH AND LOW INTERVALS OF CARDIO, TONS OF FUN!!!

ZUMBA TONING—45 MIN CARDIO - ZUMBA DANCE FITNESS AND TONING WITH SPECIAL TONING STICKS

WALK, RUN, PUMP—30 MIN CARDIO—OUTDOOR CLASS—WEATHER PERMITTING— WALK, RUN AND TONE IN INTERVALS.

WORK ZONE ♥-40 MIN CARDIO-INDEPENDENT STUDY IN GROUP FORMAT-WORKING EFFECTIVELY IN "YOUR HR ZONES" INTERVAL STYLE.

BODY BAR BLAST- NO CARDIO-SCULPTING & CREATIVE MOVEMENTS USING ALL SIZED BODY BARS. GREAT TOTAL BODY WORKOUT!

ULTIMATE UPPER- NO CARDIO - CONCENTRATED TONING FOR ALL UPPER BODY

LEAN LOWER- NO CARDIO - TONES THE ENTIRE LEG-SQUATS, LUNGES, & MORE!

TONE, FLEX & STRETCH- NO CARDIO- CORE STABILITY TRAINING USING BANDS, BALLS, PILATES, YOGA, TO STRENGTHEN AND ELONGATE MUSCLES.

YOGA- NO CARDIO - FOCUS ON BREATHING AND RELAXING TECHNIQUES WITH DIFFERENT LEVELS OF YOGA POSES.

ABSOLUTE ABS-NO CARDIO-15 MIN OF ABDOMINAL TRAINING.

Y-HEART RATE MONITOR PROVIDED AND USED IN CLASSES TO EFFECTIVELY BURN FAT & ENSURE YOUR HR ZONE.

*ABOVE CLASSES ARE INCUDED IN YOUR MEMBERSHIP. THE INDOOR CYCLING & SPINNING CLASSES ARE ONLY \$1.00: SUNRISE RIDE—(ALL LEVELS) AS THE SUN RISES, ENJOY ANY BIKE STYLE AND ANY RIDE WITH A COACH AS YOU LISTEN TO MOTIVATING MUSIC. CYCLING EXPLOSION - (INTERMEDIATE) INDOOR CYCLING, LIFTING, AND EXPLOSION MOVEMENTS IN HIGH INTERVAL SEGMENTS WITH MOTIVATING MUSIC. RIP & RIDE—(INTERMEDIATE) INDOOR CYCLE TO CADENCE & TONE YOUR TOTAL BODY IN INTERVALS OF 3-4 MINUTES. WE SPINNING—ALL LEVELS, MOTIVATING COACH HELPS YOU TRAIN YOUR HEART EFFICIENTLY IN YOUR HEART RATE ZONES ON BIKES. FOCUS ON MIND/BODY AWARENESS. GREAT FOR ALL FITNESS LEVELS. PERFECT TRAINING TO TAKE YOUR FITNESS TO THE NEXT LEVEL.

Ladies Workout Express is the only All Women's Full Fitness Facility in Asheville and proud to offer the most classes in the area OVER 50 PER WEEK!!! ZUMBA, Kickboxing, Spinning®, Choreographed Step, Core-Training, Dance Parties, Yoga, and more! In addition, we have Circuit & Cardio Equipment, Free Weights, Traditional Sauna, Far-infrared Sauna, Migun Bed, Tanning, FREE Child Care, Personal Training, Nutrition and more. From beginner to advanced, we have what you need. Our staff consists of Certified Personal Trainers with over 17 years experience, Certified Aerobic Instructors, and an Accredited Nutritionist to help every woman meet her individual needs! Our Fun (Well-Known) classes, user-friendly machines, helpful staff, & overall non-intimidating atmosphere makes it the perfect place for women to enjoy fitness! River Ridge Business Center has other services to make the woman feel complete (Bikram Yoga, Asheville Dance, Southeastern Physical Therapy, Wellness Spa & More.) Thank You Ladies!

I WE	ASHEV	ILLE	CLUB	HOURS
LVVE	ASHEV	ILLE	LLUD	HUUKS

MONDAY- THURSDAY 6:30 AM - 8:00 PM **FRIDAY** 6:30 AM - 6:00 PM SATURDAY 8:00 AM - 2:00 PM SUNDAY CLASSES ONLY 2:30 PM & 3:45 PM

FITNESS ASSESSMENT& MACHINE ASSISTANCE HOURS

MONDAY-THURSDAY

8.00-11.00 & 4:00-6:30 POSSIBLE FRI & SAT BY APPT

FREE CHILD CARE HOURS

MON, TUES, WED, & THURS AM 8:00AM-10:15AM FRI AM 8:15AM-10:30AM SAT AM 8:00AM-10:30AM MON, TUES, & THURS PM 4:15PM-7:30PM WED PM 4:15PM-7:45PM

REMEMBER TO REFER YOUR FRIENDS & YOU SAVE!

EACH PERSON YOU REFER YOU GET A FREE MONTH! -OR -

A \$25.00 SERVICE CARD *

*FOR THE MIGUN BED. FAR-INFRARED SAUNA. OR TANNING BED

TANNING PACKAGES

1 VISIT \$6.00 10 VISITS \$38.50 20 VISITS \$60.50 -OR-

ADD TO DURATION OF MEMBERSHIP ONLY \$11.00 MORE PER MONTH

UNLIMITED USE

DETOX PACKAGES

MIGUN BED- THERMAL MASSAGE- \$7.50/VISIT. 12 MONTH ADD ON - 4 TIMES PER MONTH ENROLLMENT: \$10.00 MONTHLY: \$18.97

FAR-INFRARED SAUNA- \$18.00/VISIT 12 MONTH ADD ON - 4 TIMES PER MONTH ENROLLMENT: \$10.00 MONTHLY: \$39.97

MIGUN BED AND FAR-INFRARED SAUNA COMBO 12 MONTH ADD ON- 4 OF EACH PER MONTH

ENROLLMENT: \$25.00 MONTHLY: \$49.97

INDIVIDUALIZED GOALS w/ PERSONAL TRAINING SESSIONS*

1 VISIT FOR \$45.00 10 VISITS FOR \$298.00 20 VISITS FOR \$498.00

-OR- 1 TIME ENHANCED VISIT WITH WRITTEN ROUTINE \$50.00

Great Fun & Motivation! SEE RESULTS!

DIETITIAN ON LOCATION!

DIFFERENT PACKAGES FOR DIET EVALUATION AND RECOMMENDATIONS FOR BETTER EATING HABITS, INCLUDING MEDICAL CONCERNS. NUTRITIONAL PLANS DESIGNED ON A CASE BY CASE BASIS. REGISTERED DIETICIAN

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Copies of this schedule and other information is posted on our website at www.ladiesworkoutexpress.com/asheville1

ESTHETICIAN ON LOCATION!

DIFFERENT PACKAGES FOR FACIALS, BLEMISH / AGE TREATMENT, AND WAXING. SKIN THERAPY AND SKINCARE PRODUCTS TOO! CALL PAULINE 318-2223

ZUMBATOMIC- AGES 8-14 - A FUN DANCE / ZUMBA CLASS FOR GIRLS GOING THROUGH THE AWKWARD ADOLESCENT STAGES OR JUST ENCOURAGE EXERCISE LIKE MOM AT A YOUNG AGE! SENIOR PROGRAM- AGES 60+ SPECIALIZED EASIER PACE STEP, SCULPTING AND FLEXIBILITY CLASSES DESIGNED FOR THE MATURE POPULATION. JUMPSTART INTO FITNESS- A WEIGHTLOSS PROGRAM WITH PERSONAL TRAINING, NUTRITION, AND SPECIAL CLASSES FOR THOSE IN NEED OF SUBSTANTIAL WEIGHT REDUCTION.

SPINNING

FULL CIRCUIT AND CARDIO AVAILABLE ALL DAY

ALSO... WE OFFER THE EFFICIENT 30-MINUTE TOTAL BODY CIRCUIT WITH CARDIO EQUIPMENT OR PERSONAL TRAINING **OUR SYSTEM WORKS!**

IN ADDITION... THE DELUXE SPINNING PROGRAM WITH HEART RATE MONITORS ♥ & COACHING!! OR INDOOR CYCLING

SPINNING AND INDOOR CYCLING—ONLY \$1 PER CLASS

