

| L A D I E S W O R K O U T E X P R E S S E F F E C T I V E S E P T 8th 2013 | MON | TUES | WED | THURS | FRI | SAT | SUN | |
|--|----------|---|--|--|--|--|--|---|
| | 6:30 AM | | | TONE, FLEX & STRETCH JERYL 45 MIN | | BODY BAR BLAST JERYL 30 MIN | | |
| | 8:00 AM | STEP N° SCULPT JENNIFER WILKES 1 HR | SPINNING SABRINA 1 HR | RIP & RIDE JENNIFER WILKES 1 HR | ABSOLUTE ABS JENNIFER WILKES 15 MIN | | ZUMBA TONING DONNA 1 HR | |
| | 8:15 AM | WORK ZONE INDOOR / OUTDOOR / CARDIO SABRINA 45 MIN | | | LEGS / POP / PUMP JENNIFER WILKES 45 MIN | MUSCLE HOUR KIM 1 HR | | |
| | 8:30 AM | | ULTIMATE UPPER JENNIFER WILKES 30 MIN | PUMP KIM 15 MIN | KICKBOX REVOLUTION CYCLING RM JEN SZAREK 1 HR | | RIP & RIDE JENNIFER WILKES 1 HR | |
| | 8:45 AM | CORE STRUCTURE CYCLING RM KIM 75 MIN | | MELT KIM 45 MIN | | CYCLING EXPLOSION JEN SZAREK 1 HR | | |
| | 9:00 AM | | H.I.T. 8 KIM 45 MIN —OR— QUICK RIDE JENNIFER WILKES 30 MIN | | SPINNING KIM / LILY 1 HR | | | |
| | 9:15 AM | | | | | | 100% KICKBOXING KIM / SABRINA 1 HR | |
| | 9:30 AM | YOUNG AT HEART W/ TONING DONNA 1 HR | | HARD CORE SPIN RM KIM 15 MIN | | YOUNG AT HEART W/ TONING DONNA 1 HR | | |
| | 9:45 AM | | | YOUNG AT HEART DONNA 45 MIN | | | | |
| | 12:30 PM | | LUNCH BUNCH JERYL 1 HR | | LUNCH BUNCH JERYL 1 HR | | | |
| | | | | | | | | |
| | 4:15 PM | ZUMBA DONNA 45 MIN | BODY BAR BLAST LILY / KRISTEN 30 MIN | WORK ZONE INDOOR / OUTDOOR / CY- CLING LILY / KRISTEN 45 MIN | | | | 2:30 Pick-up Ride for Experienced Spinners See Facebook ea/wk |
| | 4:30 PM | KICKBOX REVOLUTION CYCLING RM KRISTINE 1 HR | | | SPINNING SABRINA 1 HR | | | |
| | 5:00 PM | UPPER BODY CYCLING RM KIM 30 MIN | | H.I.T. 8 SABRINA 45 MIN | BB & B KRISTINE 45 MIN | | | |
| | 5:15 PM | | RIP & RIDE KIM 1 HR | | | | | |
| | 5:30 PM | LEGS / POP / PUMP KIM 45 MIN | WORK ZONE INDOOR / OUTDOOR / CYCLING KRISTINE 45 MIN | SPINNING KIM 1 HR | | | | |
| | 5:45 PM | | | ZUMBA DONNA 45 MIN | 100% KICKBOXING KIM 1 HR —OR— ABSOLUTE ABS CYCLING RM KRISTINE 15 MIN | | | |
| | 6:00 PM | RIP & RIDE TRACY 1 HR | BEGINNER BOXING TRACY 45 MIN | | TONE, FLEX, & STRETCH CYCLING RM LILY 45 MIN | | | |
| | 6:15 PM | STEP JERYL 45 MIN —OR— HARDCORE FREE WEIGHTS AREA KIM 15 MIN | ABSOLUTE ABS SPIN ROOM 15 MIN | | | | | |
| | 6:30 PM | | | YOGA SALLY 1 HR | | | | |

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. LEARN BASIC COMBINATIONS AND FORM.

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

YOUNG AT HEART- 25 MIN. CARDIO - EASIER PACED CLASS & LIGHT TONING. A LOWER INTENSITY CLASS FOR THOSE WITH ANY SPECIAL CONCERNS (MONDAY & FRIDAY W/ LIGHT TONING TOO).

INTERMEDIATE LEVEL

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

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

MELT—45 MIN THE BLENDING OF ALL DIFFERENT THINGS—KICKBOXING-STEP-JUMP ROPE-LIFTING-PLYOS-SQUATS & MORE!!!

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-INTENSE TOTAL BODY TONING IN 1 HOUR - MUST HAVE GOOD EXPERIENCE WITH WEIGHT TRAINING.

HARD CORE - NO CARDIO - ABSOLUTELY THE HARDEST CORE CLASS YOU CAN DO IN 15 MINUTES

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

ALL LEVEL CLASS

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

WORK ZONE ♥—40 MIN CARDIO-INDOOR / OUTDOOR INDEPENDENT STUDY IN GROUP FORMAT-WORKING EFFECTIVELY IN "YOUR HR ZONES" INTERVAL STYLE W/ HR MONITORS.

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

LEGS/ POP/ PUMP—20 MIN CARDIO - TONES THE ENTIRE LEG—EXPLOSIVE LEG MOVEMENTS MIXED WITH LUNGES AND SQUATS. THEN PUMP SHOULDER ROUTINE

STONE, 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.

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

*ABOVE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP. SPINNING CLASSES & THE INDOOR CYCLING CLASSES ARE ONLY \$1.00. **GENUINE ♥SPINNING PROGRAM!**—(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 /TAKE YOUR FITNESS TO THE NEXT LEVEL. A MUST FOR EVERYONE TO LEARN. FOCUS. SWEAT. (SUNDAY IS THE ONLY "HARD" RIDE) THEN TRY—OUR INDOOR CYCLING CLASSES ON V-BIKES: **CYCLING EXPLOSION** - (INTERMEDIATE/ADVANCED) INDOOR CYCLING, LIFTING, & 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. AND THE FREE CYCLING CLASS IS **QUICK RIDE** (ALL LEVELS) ONLY 30 MIN MODERATE RIDE.

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, High Intensity Interval Training, Yoga, & more! In addition, we have Circuit & Cardio Equipment, Free Weights, Traditional Sauna, Far-infrared Sauna, Thermal Massage 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 w/ over 18 years experience, Certified Aerobic Instructors, and an Accredited Dietitian to help every woman meet her individual needs! Our Fun (Well-Known) classes, user-friendly machines, helpful staff, & over all 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 (HF Training Center, Bikram Yoga, Asheville Dance, Southeastern Physical Therapy, Glow Esthetics, Powder Me Pretty, Bennu Nutrition, & RR Wellness Spa Massages) !

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| <p align="center">LWE ASHEVILLE CLUB HOURS</p> <p>MONDAY- THURSDAY 6:30 AM - 8:00 PM FRIDAY 6:30 AM - 6:00 PM SATURDAY 8:00 AM - 2:00 PM SUNDAY CLOSED Occasional Sunday Spin Class for Experienced Riders See Facebook ea/wk will post by noon for 2:30pm Class (note: all other Spin Classes on schedule are for all levels of experience)</p> | <p align="center">FITNESS ASSESSMENT & MACHINE ASSISTANCE HOURS</p> <p align="center">MONDAY-THURSDAY</p> <p>8:00-11:00 & 4:00-6:30 POSSIBLE FRI & SAT BY APPT</p> | <p align="center">FREE CHILD CARE HOURS</p> <p>MON, WED, FRI AM 8:00AM-10:30AM TUES & THURS AM 8:00AM-10:00AM SAT AM 8:00AM-10:30AM MON PM 4:15PM-7:15PM TUES, WED & THURS PM 4:15PM-7:45PM</p> |
| <p align="center">REMEMBER TO REFER YOUR FRIENDS & YOU WIN!</p> <p align="center">EACH PERSON YOU REFER YOU GET A \$25.00 SERVICE CARD *</p> <p align="center">*FOR THE MIGUN BED, FAR-INFRA-RED SAUNA, OR TANNING BED</p> <p align="center">ASK ABOUT OUR MONTH FREE GIFT CERTIFICATES FOR FRIENDS -FROM YOU!</p> | <p align="center">TANNING PACKAGES</p> <p align="center">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*</p> | <p align="center">DETOX - FEEL GREAT—PACKAGES</p> <p>MIGUN BED- THERMAL MASSAGE BED- \$7.50/VISIT. 12 MONTH ADD ON - 4 TIMES PER MONTH ENROLLMENT: \$10.00 MONTHLY: \$18.97 FAR-INFRA-RED SAUNA- DEEP SWEAT—\$18.00/VISIT 12 MONTH ADD ON - 4 TIMES PER MONTH ENROLLMENT: \$10.00 MONTHLY: \$39.97 MIGUN BED AND FAR-INFRA-RED SAUNA COMBO 12 MONTH ADD ON- 4 OF EACH PER MONTH ENROLLMENT: \$25.00 MONTHLY: \$49.97</p> <p align="center">Now offering: M'LIS DETOX CONTOUR BODY WRAP —From Powder Me Pretty- CONTACT: JOANNA FERREE # 301-2468</p> |
| <p align="center">INDIVIDUALIZED GOALS w/ PERSONAL TRAINING SESSIONS*</p> <p align="center">1 ENHANCED VISIT w/ routine FOR \$50.00 10 VISITS FOR \$298.00 20 VISITS FOR \$498.00</p> <p align="center">REACH YOUR GOALS, CHANGE YOUR ROUTINES, GET WRITTEN ROUTINES Great Fun & Motivation! SEE RESULTS!</p> | <p align="center">DIETITIAN ON LOCATION!</p> <p>DIFFERENT PACKAGES FOR DIET EVALUATION AND RECOMMENDATIONS FOR BETTER EATING HABITS. INCLUDING MEDICAL CONCERNS. NUTRITIONAL PLANS DESIGNED ON A CASE BY CASE BASIS. REGISTERED DIETITIAN</p> <p align="center">CALL MARY 337-1580</p> | <p align="center">ESTHETICIAN ON LOCATION!</p> <p>DIFFERENT PACKAGES FOR FACIALS, BLEMISH / AGE TREATMENT, AND WAXING. SKIN THERAPY AND SKINCARE PRODUCTS TOO! CALL PAULINE 318-2223</p> |

CARDIO KIDS—FITNESS PROGRAM FOR CHILDREN AGES 6-8. THEY WORKOUT WHILE YOU WORKOUT AT HF TRAINING CENTER NEXT DOOR!
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.

LWE IS KNOWN FOR THE GREAT CLASSES ... LIKE KICKBOXING, ZUMBA, AND A DELUXE SPINNING® PROGRAM...

...IN ADDITION, WE HAVE A FULL CIRCUIT OF MACHINES AND CARDIO PIECES AVAILABLE ALL DAY

ALSO... WE OFFER THE EFFICIENT 30-MINUTE TOTAL BODY CIRCUIT OR ONE-ON-ONE PERSONAL TRAINING BETWEEN CLASSES, EQUIPMENT, AND TRAINERS ... OUR SYSTEM WORKS!

GO ABOVE AND BEYOND—TRY EVERYTHING WITH OUR HEART RATE MONITORS ♥ & COACHING !!



