

# LADIES WORKOUT EXPRESS

298-4667

ladiesworkoutexpress.com/asheville1

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00 AM	TRIFECTA JENNIFER WILKES CYCLING RM 1 HR	SPINNING SOUTH KACY 1 HR	ULTIMATE UPPER KIM 30 MIN	SPINNING SOUTH KACY 1 HR	MUSCLE HOUR KIM 1 HR CYCLING RM		
8:15 AM	100% KICKBOXING JEN CLICKNER 1 HR	BOOT CAMP KIM 1 HR		VARIETY RIDE KIM 45 MIN	PLYO-X KRISTIE 45 MIN		
8:30 AM		STEADY PACE JENNIFER WILKES 30 MIN	ZUMBA KRISTIE 45 MIN	ULTRA INTERVAL JENNIFER WILKES 1 HR			
8:45 AM						100% KICK BOXING KIM OR KRISTIE 1 HR	
9:00 AM	SPINNING SOUTH KIM 1 HR	BODY BAR BLAST JENNIFER WILKES CYCLING RM 45 MIN	SPINNING SOUTH KIM 1 HR	CORE STRUCTURE KIM CYCLING RM 45 MIN	POWER HALF JEN CLICKNER 30 MIN ----OR---- YOUNG AT HEART KRISTIE 45 MIN		
9:15 AM	YOUNG AT HEART KRISTIE 45 MIN		YOUNG AT HEART KRISTIE 45 MIN			LEAN LOWER CYCLING RM JENNIFER WILKES 30 MIN	
9:30 AM					THE MINI THREE JEN CLICKNER 45 MIN		
9:45 AM						CUNCH TIME KRISTINE 15 MIN ---OR--- ULTIMATE UPPER CYCLING RM JENNIFER WILKES 30 MIN	
10:00 AM						BB&B KRISTINE 45 MIN	
2:30 PM							SPINNING SOUTH KIM 1 HR
4:00 PM	TOTAL TEEN	SPINNING SOUTH KIM 1HR	TOTAL TEEN	SPINNING SOUTH KIM 1HR			
4:30 PM	FAT BURNER KRISTINE 45 MIN	THE MINI THREE KRISTINE 45 MIN	BB & B JESSICA 45 MIN	20/20/20 KRISTIE 1 HR	TRIFECTA JENNIFER WILKES 1 HR CYCLING RM		
5:15 PM	BODY BAR BLAST KIM 45 MIN CYCLING RM	LEAN LOWER KRISTINE 30 MIN ---OR--- CRUNCH TIME ANA 15 MIN CYCLING RM	MUSCLE HOUR KIM 1 HR CYCLING RM ---OR--- PLYO-X KRISTIE 45 MIN				
5:30 PM	ZUMBA KRISTIE 45 MIN	VARIETY RIDE JESSICA 45 MIN		CORPLEX STEP KIM 1 HR	BOOT CAMP KIM 1 HR		
5:45 PM	SPINNING SOUTH KACY 1 HR	100% KICK BOXING KIM 1 HR	SPINNING SOUTH KACY 1 HR	STEADY PACE TRACY 30 MIN			
6:00 PM	WHITTLE YOUR MIDDLE KIM 45 MIN		BOX-CORE CIRCUIT KRISTINE 30 MIN		TGIF TRACY 45 MIN CYCLING RM		
6:15 PM	CRUNCH TIME KRISTIE 15 MIN	TONE, FLEX & STRETCH SABRINA CYCLING RM 45 MIN	NIGHT RIDER KIM 45 MIN				
6:30 PM	BEGINNER BOXING TRACY 45 MIN  OR 6:45 PM JSIF-SPECIAL MEMBERSHIP		MINI THREE KRISTINE 45 MIN  OR 6:45 PM JSIF-SPECIAL MEMBERSHIP	BB&B TRACY 45 MIN ---OR--- YOGA JANET OR ADI 45 MIN			

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ALL CLASSES SHADED IN GRAY ARE INCLUDED WITH MEMBERSHIP! (CYCLE AND SPIN CLASSES 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!!

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## 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,FUN!**

**FAT BURNER- 40 MIN CARDIO - FUN CHOREOGRAPHED STEP MOVEMENTS!**

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

**20/20/20 - 40 MIN CARDIO - 20 MINUTES LOW IMPACT AEROBICS, 20 MINUTES INTERMEDIATE STEP, 20 MINUTES LIGHT FREE WEIGHT TONING.**

## ADVANCED LEVEL

**BOOT CAMP- 50 MIN CHALLENGING CARDIO - MIX TOGETHER CYCLING, BOXING, STEP, FLOOR MOVEMENTS, TONING ALL DRILL STYLE.**

**CORPLEX STEP- 30 MINUTES COMPLEX MOVEMENTS, 30 MINUTES CORE MOVEMENTS AT THE END. CHOREOGRAPHED STEP. MUST HAVE STEP KNOWLEDGE. CLASS**

**GOES IN 6 WEEK INTERVALS-SEE FRONT DESK FOR THE "ROUTINES" ROTATION SCHEDULE.**

**PLYO-X- PLYOMETRICS TO THE EXTREME. FUN, EXPLOSIVE CLASS!**

## ALL LEVEL CLASS

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

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

**TRIFECTA- 20 MIN CARDIO - CYCLING, THEN LOWER, THEN UPPER BODY SCULPTING- 20 MINUTES OF EACH. TONE IT ALL!**

**THE MINI THREE- 40 MIN CARDIO - 15 MIN OF EACH: 1.EASIER INDOOR CYCLING, 2.NICE STEP COMBINATIONS, AND FUN 3.BOXING COMBINATIONS.**

**BOX-CORE CIRCUIT- 30 MIN CARDIO - INTERMEDIATE CORE MOVES WITH EASIER BOXING DRILLS FOR CARDIO. CIRCUIT STYLE. PUNCH, KICK,**

**WORK THE MID SECTION WHILE HAVING FUN! BOX, CRUNCH, TWIST, ETC.**

**ULTRA INTERVAL- 40 MIN CARDIO - STRENGTHEN MAJOR MUSCLE GROUPS W/MOSTLY FREE WEIGHTS AND SOME MACHINES WHILE DOING CARDIO THROUGHOUT.**

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

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

**CRUNCH TIME!- NO CARDIO - 15 MIN OF ABDOMINAL TRAINING...GETTING READY FOR THE AB CRUNCH CHALLENGE TO BENEFIT ST JUDES!!!!!!!**

**CORE STRUCTURE- NO CARDIO - A MIXTURE OF CORE STABILITY MOVES, WEIGHT TRAINING, AND NICE ELONGATION OF MUSCLE GROUPS.**

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

**TGIF- THANK GOODNESS IT'S FRIDAY... END YOUR WEEK WITH TRANQUILITY, GRACE IN FLEXIBILITY THROUGH MAT SCIENCE AND EASIER YOGA POSES.**

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

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!!!** Kickboxing, Spinning® Indoor Cycling, Choreographed Step, Core-Training, Zumba, PLYO, Bootcamp, 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 & more. From beginner to advanced, we have what you need. Our staff consists of Certified Personal Trainers with over 15 years experience, Certified Aerobic Instructors, and an Accredited Nutritionist to help every woman meet her individual needs! Our fun classes, user-friendly machines, helpful staff, and overall non-intimidating atmosphere makes it the perfect place for women to enjoy fitness!

### MAIN ASHEVILLE CLUB HOURS

MONDAY– THURSDAY 6:30 AM - 8:00 PM  
FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 8:00 AM - 12:30 PM

### FREE CHILD CARE HOURS

MONDAY- THURSDAY AM 8:00 AM - 10:30 AM  
MONDAY PM 4:30 AM - 7:00 PM  
TUESDAY- THURSDAY PM 4:30 PM - 7:15 PM  
FRIDAY AM 8:00 AM - 10:45 AM  
SATURDAY AM 8:30 AM - 10:30 AM

### SOUTH ASHEVILLE CLUB HOURS

MONDAY- THURSDAY 8:00 AM - 8:00 PM  
FRIDAY 8:00 AM - 7:00 PM  
SATURDAY 10:00 AM - 2:00 PM  
SUNDAY 2:00 PM - 5:00 PM

### REMEMBER TO REFER YOUR FRIENDS & YOU SAVE!

1 PERSON = 1 Month Free  
2 PEOPLE = 3 Months Free  
3 PEOPLE = 1 YEAR FREE!

-----WITHIN FIRST 30 DAYS-----

**-OR- AFTER 30 DAYS - EACH PERSON REFERRED GIVES YOU AN ADDITIONAL MONTH FREE!!**

### INDOOR CYCLING- ONLY \$1.00 PER CLASS!

STEADY PACE- 30 MIN CARDIO - CYCLING AT AN EASIER/CONSTANT PACE  
VARIETY RIDE- 35 MIN CARDIO - MODERATE LEVEL - FAT BURNING CARDIO  
POWER HALF- 30+ MIN HARD CARDIO - ADVANCED RIDE  
WHITTLE YOUR MIDDLE- 45 MIN CARDIO - BURN FAT & WORK MIDSECTION COMBO CLASS  
NIGHT RIDER- 45 MIN CARDIO - LIGHTS OFF "VEG OUT" ONE CD BEGINNING TO END - ENJOY YOUR RIDE

### TANNING PACKAGES

1 VISIT \$5.00  
10 VISITS \$35.00  
20 VISITS \$55.00  
-OR- ADD TO DURATION OF MEMBERSHIP  
ONLY \$10.00 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 \$35.00  
10 VISITS FOR \$295.00  
20 VISITS FOR \$495.00

*Great Fun & Motivation!!*

### NUTRITIONIST 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. SEE FRONT DESK

OR  
CALL MARY 337-1580



ADD US ON FACEBOOK- BE A FAN!  
@LADIES WORKOUT EXPRESS ASHEVILLE NC

**TOTAL TEEN- AGES 12-14 - A FUN MIXTURE OF KICKBOXING, STEP, AND CYCLING FOR GIRLS GOING THROUGH THE AWKWARD ADOLESCENT STAGES.**

**SENIOR PROGRAM- AGES 60+ SPECIALIZED EASIER PACE STEP, SCULPTING AND FLEXIBILITY CLASSES DESIGNED FOR THE MATURE POPULATION.**

**JUMSTART INTO FITNESS- A WEIGHTLOSS PROGRAM WITH PERSONAL TRAINING, NUTRITION, AND SPECIAL CLASSES FOR THOSE IN NEED OF SUBSTANTIAL WEIGHT REDUCTION.**

### HEALTH SPA ON LOCATION!

MANICURES, PEDICURES, WAXING, MESSAGES & HYDROCOLONIC THERAPY

### ALL WOMEN...TWO LOCATIONS ONE GREAT CONCEPT!!

**SPINNING**



### 2nd CLUB... SOUTH ASHEVILLE SPINNING AND FULL CIRCUIT INTIMATE STUDIO

WE OFFER THE EFFICIENT 30-MINUTE TOTAL BODY CIRCUIT WITH CARDO EQUIPMENT ALL DAY LONG!!  
IN ADDITION... NEW SPINNING PROGRAM WITH HEART RATE MONITORS!! AND PERSONAL TRAINING!

1854 Hendersonville Road  
274-0770

**SPINNING**

