

# LADIES WORKOUT EXPRESS

Maple Tree Plaza – Route 79 South – Marlboro, NJ 07746 – (732) 845-2900 – [www.fusionfitness.us](http://www.fusionfitness.us)

As winter approaches, we may not  
However, it's important to keep up  
during these long winter months to  
keep things heated up inside with your



want to venture out into the cold.  
with your physical activity especially  
avoid fatigue and weight-gain. Let's  
workouts in spite of the cold outside.

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## MEMBERSHIP REWARDS

To thank you for being a part of LWE, we have implemented an ongoing rewards program for member referrals. Any member that refers a new member will receive \$10 off her next month's dues or next renewal.

*\*New Member must join on a regular membership or purchase a minimum of 12 classes.*

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~~ HOLIDAY PARTY ~~

Saturday, December 17<sup>th</sup> - 10 am to 11:30 am

Celebrate holiday cheer with your friends at LWE. We will have a special Holiday Zumba Class followed by refreshments.

(If you cannot attend the class, please come for refreshments)

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## Introducing...KIDZ ZUMBA / HIP HOP

### with Elisa

*(Boys and Girls are Welcome)*

6 Weeks - \$50 (Add'l Child(ren) In Family-10% Off)

Sundays at 11 am

November 13, 20, 27 and December 4, 11, 18

*Please fill out and return below as soon as possible*

Name \_\_\_\_\_ Phone \_\_\_\_\_ Child's Age (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

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*Give the Gift of Health with an LWE Gift Certificate*  
**(Personal Training, Classes, Memberships)**

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**REMINDER: Please bring clean sneakers to class or  
 leave a pair in the cubbies provided.**

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**WINTER HOURS (Eff. 11/7/11)**

	<u>A.M.</u>	<u>P.M.</u>
Monday	7:30 to 12:30	3 to 7
Tuesday	7:30 to 12:30	3 to 8
Wednesday	7:30 to 12:30	3 to 7
Thursday	7:30 to 12:30	3 to 8
Friday	7:30 to 12:30	3 to 6
Sat / Sun	8:30 to 11:30	

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**Class Schedule – Effective November 7, 2011**

**\*\*\* PLEASE NOTE: Due to lack of participation, we have temporarily canceled Tuesday 4 pm Zumba**

	MON	TUE	WED	THUR	FRI	SAT	SUN
Gym Hours »»	7:30-12:30 3-7	7:30-12:30 3-8	7:30-12:30 3-7	7:30-12:30 3-8	7:30-12:30 3-6	8:30-11:30	8:30-11:30
7:30 am						Yoga(Carmela)	
9 am	ZUMBA (Joyce)	ZUMBA (Joyce)	TurboKick / Step Fitness (Alt. Weds) (Lisa L)	ZUMBA (Luis)	Kick It (Joyce)		
9:30 am							CardioBlast (Elisa)
10 am						ZUMBA(Joyce)	
10:15 am				ZUMBA(Joyce)			
5:30 pm		Anything in a Minute(Lisa M)	Step Fitness (Lisa L)				
6 pm	ZUMBA(Joyce)			ZUMBA(Joyce)			
7 pm		ZUMBA (Joyce / Caitlin)					
7:15 pm				ZUMBA(Lauren)			

**Trial Classes - \$10 (1<sup>st</sup> Visit Only)**

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**HOLIDAY HOURS**

Thursday, November 24 – CLOSED

Friday, November 25 – Open 7:30 to 11:30 am

Saturday, December 24 and Sunday, December 25 – CLOSED

Monday, December 26 thru Friday, December 30

Morning Hours: 7:30 to 11:30

Evening Hours: Club Opens at 4

Sunday, January 1 - CLOSED

*Please note: In the event of inclement weather, please call for changes in schedule.*

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