

LFC

Fitness for Women
735 Morrissey Blvd., Dorchester MA 02122
(617) 265-1994

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00						Pilates/ Sculpt Bernadette	Yoga Paula
9:30		Zumba/Piloxing Webly	Sets and Reps Amy	Pilates Sculpt April	Sets and Reps April		
10:00						Zumba Dianne	
5:00	Circuit Training April		Piloxing Webly				
5:30							
6:00	Zumbalates April	Body Blast Olga	Zumba Webly	Body Blast Olga			
6:30							
7:00		Kickboxing Olga		Zumba/ Kickboxing Olga			

Club Hours:

Monday-Friday: 530AM-8PM
Saturday and Sunday: 8AM-1PM

Class Descriptions

Zumba: Come join the party! A Latin inspired dance fitness class. Zumba combined high energy and motivating music with unique moves and combinations.

Zumbalates: A combination of Zumba and Pilates. 45 min Zumba 15 min Pilates.

Piloxing: Come try the latest Hollywood fitness craze! PILOXING uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging. The PILOXING mission is to physically and mentally empower women through fitness. At the core of PILOXING is the principle that feminine is powerful and it aims for women to attain a sleek, sexy and powerful self-image. PILOXING is the brainchild of Swedish dancer and celebrity trainer Viveca Jensen.

In addition to Pilates and boxing movements, the exercise incorporates the use of half pound weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health. Gloves are not mandatory, you will get a GREAT workout with or without the gloves! Pilates or yoga mat required.

Body Blast: There's no better way to get a great workout! This class is high-energy and will strengthen your entire body with upper body sculpting, lower body sculpting and a hardcore abdominal section. Body Blast offers variations each class to guarantee optimal results for a full body workout.

Circuit Training: High energy class combining intense cardio combinations, plyometric exercises, athletic drills, and strength moves for a total body workout. A non-stop body blast!

Sets and Reps: Covering every inch of your body! We will go from Bi-ceps to Lunges and everything in between. You will learn a lot about form, muscles, and movements.

Kickboxing: Comines boxing and kickboxing for a sweat inducing, calorie blasting workout.

Pilates/Sculpt: A total body strength conditioning class using traditional weight training and Pilates-based moves.

Step/sculpt: A choreographed step class with strength training intervals.

*All classes for ALL levels (every class will offer modifications)

*Come in anytime policy! We want you to feel welcome at YOUR gym. Feel free to join us at anytime!

*Please don't wear outside sneakers in the studios for safety reasons.

*Cell phones must be on silent mode at all times in the studios

*We reserve the right to cancel or change classes with low attendance.