



Le Ultra Fitness Integrated Training

Calories per Drink			
Drink	Onces	Calories	Cal/onces
Alcohol-free Wine	5	20-30	4-6
Beer	12	150-200	13-17
Bloody Mary	5	120	24
Champagne	4	88	22
Coffee Liqueur	3	350	117
Cosmopolitan	4	200	50
Gin & Tonic	7	200	29
Godiva Chocolate Liqueur	3	310	103
Green Apple Martini	3	150	50
Hot Buttered Rum	8	300	38
Hot Chocolate w/Peppermint Schnapps	8	380	48
Light Beer	12	145	8-12
Long Island iced tea	8	500	63
Mai Tai	4.5	350	78
Manhattan	2.5	130	52
Margarita	8	280	35
Martini	2.5	160	64
Mimosa	4	80	20
Mulled Wine	5	200	40
Pina Colada	6	380	63
Rum & Diet Coke	8	100	13
Screwdriver	8	190	24
Spiced Cider w/Rum	8	150	19
Tom Collins	8	120	15
Ultra-Light Beer	12	95	5-8
Vodka & Tonic	8	200	25
Whiskey sour	8	160	20
Wine (Red/White)	5	120	24