



MAKE THE TIME! - GET RESULTS!

Lady of America - Aerobic Class Schedule

5213 US HWY 19 & Marine Pkwy

(727) 843-8288

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club Hours	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 7:00pm	8am - 2pm
Child Care	8am - Noon 4:30pm - 8:30pm	8am - Noon 4:30pm - 8:30pm	8am - Noon 4:30pm - 8:30pm	8am - Noon 4:30pm - 8:30pm	8am - Noon 5pm - 7pm	8:00 - Noon
8:00am	-----	-----	-----	-----	-----	Yoga (60min)
8:30am	Abs Thighs, Buns (30 min)	Spinning (30 min)	Abs Thighs, Buns (30 min)	Spinning (30 min)	-----	
9:00am	Step & Sculpt (60 min)	Power-Flex (60 min)	Cardio Dance & Tone (60 min)	Power-Flex (60 min)	Endurance Strength (60 min)	PowerLift (60 min)
10:00am	Yoga-lates (60 min)	Low Impact Fitness Ball (60 min)	Yoga (60 min)	Low Impact Fitness Ball (60 min)	Yoga (60 min)	STEP (60min)
11:00am	-----	Silver Sneakers (60 min)	Belly-dance (60 min)	Senior Yoga Stretch (60min)	Silver Sneakers (60 min)	-----
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5:30pm	20/20/20 (60 min)	Power Lift (60 min)	Cardio Dance & Tone (60 min)	STEP (60min)	-----	
6:30pm	Zumba (60min)	STEP (60 min)	Yoga-lates (60 min)	Zumba / Tone Combo (60 min)	-----	
7:30pm	-----	Spinning (30 min)	Belly-dance (60 min)	Spinning (30 min)	-----	
					Don't forget to STRETCH!	
PERSONAL TRAINING AVAILABLE BY APPOINTMENT ONLY				<u>Classes are subject to change or cancel without prior notice.</u>		