

Club Hours:
 Monday - Thursday 5am - 8pm
 Friday 5am - 6:30pm
 Sat. 7am-1pm, Sun. 8am-12pm



Contact Us:
 401-826-LADY(5239)
 LADYOFAMERICA.COM

GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM - 8:15AM	-	Lean & Strong <i>Jen</i>	-	Lean & Strong <i>Jen</i>	-	-	-
	FIT *** 8:00AM	-	FIT *** 8:00AM	-	-	-	SUNRISE YOGA *** 8:00AM
8:30 AM	-	Arms & Abs <i>Alicia</i>	-	-	Butts & Gutts <i>Kim</i>	<i>Power Hour</i> <i>Jess</i> 8:30-9:30	-
9:00 AM	Focused Fitness <i>Jen</i>	Kick It Up!! <i>Alicia</i>	20-20-20 <i>Kim</i>	ZUMBA <i>Bernie</i>	3 Tiers <i>Kim</i>	ZUMBA <i>Sean</i> 9:30-10:30	Step & Sculpt <i>Jen</i> 9:00 AM
4:30 PM	Tabata <i>Patti</i>	Sculpt It!! <i>Kim</i>	Step Mix <i>Patti</i>	Total Toning <i>Dawn</i>	Kick n' Booty! <i>Patti</i>		
5:30 PM	ZUMBA <i>Bernie</i>	Work It Baby <i>Alicia</i>	Hip-Hop Tone <i>Sean</i>	WEIGH LESS *** 5:30PM	 <small>kick boxing</small>		
	CIRCUIT MADNESS *** 7:00PM	FIT *** 6:30PM	YOGA *** 6:30PM	-	-	-	-

*** FEE BASED CLASSES - NON MEMBERS ARE WELCOME ***

SPIN SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM <i>Jo</i>		5:30 AM <i>Jess</i>	-	5:30 AM <i>Jen</i>	7:15 <i>Jo</i>	-
	9:00 AM <i>Lisa R.</i>	-	9:00 AM <i>Jo</i>	-	9:00 AM <i>Parker</i>	8:30 AM <i>Dawn</i>	9:00 AM <i>Sean</i>
	5:30 PM <i>Sean</i>	-	4:30 PM <i>Jo</i>	-	-	-	-

*Babysitting Hours: Mon -Sat 8:30am-10:30am
 Mon - Thurs 4pm - 6:30pm*