




LADY OF AMERICA FITNESS CENTER & DAY SPA

200 Hamilton Ave. – The White Plains Mall

White Plains, NY 10601

(914) 448-2639

www.ladyofamerica.com/whiteplains

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:45-7:30 AM 45-MINUTE EXPRESS WORKOUT <a href="#">MARIELA</a>				6:45-7:30 AM 45-MINUTE EXPRESS WORKOUT <a href="#">MARIELA</a>		 ASK ABOUT OUR HOT YOGA PROGRAM
	9:30-10:30 AM TOTAL BODY <a href="#">MARIE D.</a>	9:30-10:30AM CARDIO PUMP <a href="#">MARIA</a>		9:30-10:30AM CARDIO PUMP <a href="#">MARIA</a>	10:00-11:00 AM LEAN & TONE <a href="#">JOAN</a>	10:00-11:00 AM <b>ZUMBA!</b> <a href="#">KELLY</a>
12:30-1:15 PM STEP + SCULPT <a href="#">MARIE D.</a>	12:30-1:15 PM <b>ZUMBA!</b> <a href="#">LAURETTA</a>	12:30-1:15 PM 45-MINUTE EXPRESS WORKOUT <a href="#">MARIELA</a>	12:30-1:15 PM <b>BOOT CAMP</b> <a href="#">TYRONE</a>	12:30-1:15 PM CROSS-TRAINING <a href="#">DANTE</a>	10:00-10:45 AM* <b>SPINNING</b>  <a href="#">TYRONE</a>	
5:30-6:30 PM <i>Shpresa</i> <b>DOUBLE PUMP</b>	5:30-6:30 PM <b>ZUMBA!</b> <a href="#">LEILA</a>	5:30-6:30 PM CROSS-TRAINING <a href="#">DANTE</a>	5:30-6:30 PM <b>ZUMBA!</b> <a href="#">LAURETTA</a>	5:30-6:30 PM <b>POWER PILATES</b> <a href="#">KYLENE</a>	11:00-12:00 PM <b>ZUMBA!</b> <a href="#">LAURETTA</a>	
5:45-6:30 PM* <b>SPINNING</b>  <a href="#">LESLIE</a>		5:45-6:30 PM* <b>SPINNING</b>  <a href="#">LESLIE</a>		 ASK ABOUT <b>SPINNING CLASSES!</b>	<u>FITNESS CENTER HOURS</u> MON-THURS. 6 AM – 9 PM FRI. 6 AM – 8 PM SAT. 9 AM – 1 PM SUN. 10 AM – 1 PM *Additional fee required for some classes.	
6:30-7:30 PM <b>LEAN &amp; TONE</b> <a href="#">JOAN</a>	6:30-7:30 PM STEP-IT-UP <a href="#">JOAN</a>	6:30-7:30 PM <b>Kick Boxing &amp; Kickin' Abs</b> <a href="#">JOAN</a>	6:30-7:30 PM <b>Belly, Butt, &amp; Thighs</b> <a href="#">LEILA</a>	6:30-7:30 PM <b>ZUMBA!</b> <a href="#">LEILA / KELLY</a>	CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE <a href="https://www.facebook.com/LOAWHITEPLAINS">Facebook.com/LOAWHITEPLAINS</a>	
6:35-7:20 PM* <b>SPINNING</b>  <a href="#">LESLIE</a>	6:35-7:20 PM* <b>SPINNING</b>  <a href="#">LESLIE</a>	6:35-7:20 PM* <b>SPINNING</b>  <a href="#">LESLIE</a>	6:35-7:20 PM* <b>SPINNING</b>  <a href="#">JOANNA</a>			
7:30-8:30 PM <b>ZUMBA!</b> <a href="#">LAURETTA</a>	7:30-8:30 PM <b>ZUMBA!</b> <a href="#">MARIO</a>	7:30-8:30 PM <b>ZUMBA!</b> <a href="#">LAURETTA</a>	7:30-8:30 PM <b>ZUMBA!</b> <a href="#">MARIO</a>	PERSONAL TRAINING AVAILABLE!	WE HAVE TRX TRAINING! 	

## Class Descriptions

- **STEP IT UP:**  
A high intensity class featuring an adjustable step and varying music to increase difficulty.
- **LEAN N' TONE:**  
A total body sculpting workout utilizing lightweights, bands, and weight body bars. Focuses on increasing strength and muscle tone.
- **STEP N' SCULPT, CARDIO PUMP, TOTAL BODY:**  
Combination of high-low cardio and step including body sculpting moves using various apparatuses. (i.e. steps, free weights, bands, or body bars).
- **KICK BOXING & KICKIN' ABS:**  
A high-energy, high impact, class blending kicks, punches and body sculpting moves to upbeat music.
- **BELLY, BUTT, & THIGHS:**  
A class geared toward getting you the washboard abs you've always wanted together with a tight, sculpted, backside.
- **BOOT CAMP:**  
A total body workout using weights, bands, balls, body bars etc. to help you burn fat all over even while your body is at rest!
- **MEGA SCULPT:**  
This workout will seriously tone your legs, arms, abdominals, and buttocks. Target those "trouble areas" by using your body in new ways to gain strength and definition.
- **Zumba!®:**  
A fitness class that is done with Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. With Zumba!® you will work out, love working out, and get hooked. Add some Latin flavor and international zest into the mix and you've got Zumba!®
- **SPINNING:**  
You can burn up to 1000 calories doing this vigorous workout on a stationary bicycle! It's a highly effective workout with varied routines to keep things fresh. It is also great for all ability levels.
- **POWER PILATES:** This mat-based class aims to strengthen your powerhouse/core muscles which in turn reduces fat and helps with proper alignment in the process.

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