



# 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](http://www.ladyofamerica.com/whiteplains)

EFFECTIVE: MON. 2/6/17

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6:30-7:15 AM* <b>SPINNING</b>  <u>TERESA</u>		6:30-7:15 AM* <b>SPINNING</b>  <u>JACLYN</u>		6:30-7:15 AM* <b>SPINNING</b>  <u>TERESA</u>		
	9:45-10:45 AM* <b>HOT YOGA</b>  <b>GODDESS YOGA</b> <u>ANGELA</u>		9:30-10:30 AM* <b>HOT YOGA</b>  <b>BOOT CAMP YOGA</b> <u>HELEN</u>		10:00-11:00 AM <b>LEAN &amp; TONE</b> <u>JOAN</u>	10:00-11:00 AM <b>ZUMBA!</b> <u>JAMIE</u>
12:30-1:15 PM <b>CARDIO FUSION</b> <u>CHELENE</u>	12:30-1:15 PM <b>ZUMBA!</b> <u>LAURETTA</u>	12:30-1:15 PM KETTLEBELL FUSION <u>CHELENE</u>	12:30-1:15 PM <b>BOOT CAMP</b> <u>MARIE D.</u>	12:30-1:15 PM <b>CARDIO FUSION</b> <u>ENZA</u>	11:00-12:00 PM <b>ZUMBA!</b> <u>LAURETTA</u>	<b>FEATURES:</b> - Child Care - Hot Yoga - Showers - Lockers - Tanning - Hair Care - Nail Care - Waxing - Electrolysis
5:30-6:30 PM <b>STEP N' SCULPT</b> 	5:30-6:30 PM <b>ZUMBA!</b> <u>JAMIE</u>	5:30-6:30 PM <b>SUPER SCULPT + 6 PACK ABS</b> <u>MARIA G.</u>	5:30-6:30 PM <b>ZUMBA!</b> <u>LAURETTA</u>	5:30-6:30 PM <b>YOGA</b> <u>JESSY</u>	11:15-12:00 PM* <b>SPINNING</b>  <u>JOAN</u>	
5:45-6:30 PM* <b>SPINNING</b>  <u>LESLIE</u>	5:45-6:30 PM* <b>SPINNING</b>  <u>JOAN</u>	5:45-6:30 PM* <b>SPINNING</b>  <u>LESLIE</u>			<b>FITNESS CENTER HOURS</b> MON-THURS. 6 AM – 9 PM FRI. 6 AM – 8 PM SAT. 9 AM – 1 PM SUN. 10 AM – 1 PM * = Additional fee required; please sign up at front desk. CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE <a href="https://www.facebook.com/LOAWHITEPLAINS">Facebook.com/LOAWHITEPLAINS</a>  <b>WE HAVE TRX TRAINING!</b>	
6:30-7:30 PM <b>LEAN &amp; TONE</b> <u>JOAN</u>	6:30-7:30 PM STEP-IT-UP <u>JOAN</u>	6:30-7:30 PM <b>Kick Boxing &amp; Kickin' Abs</b> <u>JOAN</u>	6:30-7:30 PM <b>Belly, Butt, &amp; Thighs</b> <u>LEILA / MARIA G.</u>	6:30-7:30 PM <b>ZUMBA!</b> <u>LEILA</u>		
6:30-7:15 PM* <b>SPINNING</b>  <u>LESLIE</u>		6:30-7:15 PM* <b>SPINNING</b>  <u>LESLIE</u>	6:30-7:15 PM* <b>SPINNING</b>  <u>LESLIE</u>	 LOW COST, ONE-ON-ONE PERSONAL TRAINING AVAILABLE TO FIT ANY SCHEDULE!		
7:30-8:30 PM <b>ZUMBA!</b> <u>LEILA</u>	7:30-8:30 PM <b>ZUMBA!</b> <u>GUSTAVO</u>	7:30-8:30 PM <b>ZUMBA!</b> <u>LAURETTA</u>	7:30-8:30 PM <b>ZUMBA!</b> <u>JAIME</u>			

## 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:**  
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!
- **CARDIO FUSION:**  
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.
- **KETTLEBELL FUSION:**  
Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization. There is no such thing as isolated muscle work in kettlebell training.
- **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!®
- **YOGA:**  
This class utilizes poses in flowing transition with a focus on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. It will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment to reduce the risk of injury. This class builds strength and balance physically AND mentally, and leaves you feeling energized.

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