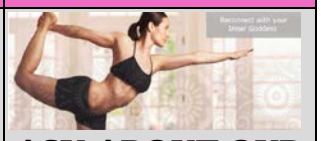
LADY OF AMERICA FITNESS CENTER & DAY SPA

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 MARIELLA / GUISSELA	7:00-7:45 AM* SPINNING JENNIFER D.	6:45-7:30 AM 45-MINUTE EXPRESS WORKOUT MARIELLA / GUISSELA	7:00-7:45 AM* SPINNING JENNIFER D.			 ASK ABOUT OUR HOT YOGA PROGRAM
9:30-10:30AM POWER PILATES KYLENE	9:30-10:30 AM TOTAL BODY MARIE D.	9:30-10:30AM CARDIO PUMP MARIA	9:30-10:30AM MEGA SCULPT HELENA	9:30-10:30AM CARDIO PUMP MARIA	10:00-11:00 AM LEAN & TONE JOAN	10:00-11:00 AM ZUMBA! SURELIS
12:30-1:15 PM STEP + SCULPT MARIE D.	12:30-1:15 PM ZUMBA! LAURETTA	12:30-1:15 PM DOUBLE PUMP Shpresa	12:30-1:15 PM BOOT CAMP TYRONE	12:30-1:15 PM CROSS-TRAINING DANTE	10:00-10:45 AM* SPINNING JENNIFER W.	
5:30-6:30 PM DOUBLE PUMP Shpresa	5:30-6:30 PM ZUMBA! LEILA	5:30-6:30 PM CROSS-TRAINING DANTE	5:30-6:30 PM ZUMBA! LAURETTA	5:30-6:30 PM POWER PILATES KYLENE	11:00-12:00 PM ZUMBA! LAURETTA	
5:45-6:30 PM* SPINNING LESLIE		5:45-6:30 PM* SPINNING LESLIE		 ASK ABOUT SPINNING CLASSES!		
6:30-7:30 PM LEAN & TONE JOAN	6:30-7:30 PM STEP-IT-UP JOAN	6:30-7:30 PM Kick Boxing & Kickin' Abs JOAN	6:30-7:30 PM Belly, Butt, & Thighs LEILA	6:30-7:30 PM ZUMBA! LEILA		
6:35-7:20 PM* SPINNING LESLIE	6:35-7:20 PM* SPINNING JOANNA	6:35-7:20 PM* SPINNING LESLIE	6:35-7:20 PM* SPINNING JENNIFER W.	 PERSONAL TRAINING AVAILABLE!		
7:30-8:30 PM ZUMBA! LAURETTA	7:30-8:30 PM ZUMBA! MARIO	7:30-8:30 PM ZUMBA! LAURETTA	7:30-8:30 PM ZUMBA! MARIO			

FITNESS CENTER HOURS

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.**

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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.
- **DOUBLE PUMP**:
  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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