















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	Weds	Thurs	Fri	Sat	Sun
6:30-7:15 AM* SPINNING  MARIA G.		6:30-7:15 AM* SPINNING  MARIA G.		6:30-7:15 AM* SPINNING  MARIA G.		
					10:00-11:00 AM LEAN & TONE JOAN	10:00-11:00 AM ZUMBA! PAULINA
12:30-1:15 PM CARDIO FUSION CHELENE	12:30-1:15 PM ZUMBA! LAURETTA	12:30-1:15 PM KETTLEBELL FUSION CHELENE	12:30-1:15 PM CARDIO FUSION MARIE D.	12:30-1:15 PM BOOT CAMP TYRONE	11:00-12:00 PM ZUMBA! BLANCA	FEATURES: - Child Care - Hot Yoga - Showers - Lockers - Tanning - Hair Care - Nail Care - Waxing - Electrolysis
5:30-6:30 PM STEP N' SCULPT 	5:30-6:30 PM ZUMBA! BLANCA	5:30-6:30 PM SUPER SCULPT + 6 PACK ABS MARIA G	5:30-6:30 PM ZUMBA! LAURETTA	5:30-6:30 PM YOGA JESSY	11:15-12:00 PM* SPINNING  JOAN	
5:45-6:30 PM* SPINNING  LESLIE		5:45-6:30 PM* SPINNING  LESLIE			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; please sign up at front desk. CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE Facebook.com/LOAWHITEPLAINS  WE HAVE TRX TRAINING!	
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 MARIA G	7:00-8:00 PM ZUMBA! SUE		
6:30-7:15 PM* SPINNING  LESLIE	6:30-7:15 PM* SPINNING  	6:30-7:15 PM* SPINNING  LESLIE	6:30-7:15 PM* SPINNING  	 LOW COST, ONE-ON-ONE PERSONAL TRAINING AVAILABLE TO FIT ANY SCHEDULE!		
7:30-8:30 PM ZUMBA! LAURETTA	7:30-8:30 PM ZUMBA! PAULINA	7:30-8:30 PM ZUMBA! BLANCA	7:30-8:30 PM ZUMBA! JAIME			

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.

www.Facebook.com/LOAWHITEPLAINS

HOT YOGODDESS CLASS SCHEDULE

www.hotyogoddess.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am – 7:30 am Hot Goddess Flow *TBA*		6:30 am – 7:30 am Hot Goddess Yoga *TBA*		8:30 am – 9:30 am Hot Barre Fusion *LORI*	
					10:15 am – 11:15 am Hot Goddess Flow *LORI*	11:00 am – 12:00 pm Hot Goddess Yoga *YVETTE*
6:30 pm – 7:30 pm Hot Yoga Barre *LORI*	5:30pm-6:30pm Hot Goddess Yoga *DEB*	6:30 pm – 7:30 pm Hot Yoga Bootcamp *MARIA S.*	6:30pm-6:30pm Hot Vinyasa *YVETTE*	5:30pm-6:30pm Hot Goddess Flow *JESSY*		