

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>Jackie</i>	-	Lean & Strong <i>Jackie</i>	-	-	-
8:30 AM	Awesome Arms & Abs <i>Lisa</i>	Pilates Core <i>Kim F.</i>	Ball Play <i>Jen</i>	Piyo <i>Bernie</i>	Butts & Gutts <i>Kim P.</i>	Body Blast <i>Jen</i>	-
9:00 AM	Step & Sculpt <i>Lisa</i>	Cardio Sculpt <i>Kim F.</i>	20-20-20 <i>Jen</i>	ZUMBA <i>Bernie</i>	3 Tiers <i>Kim P.</i>	ZUMBA <i>Sean</i>	Cardio Kickbox <i>Kim F.</i>
12:15-12:45 Lunch Special	Arms & Abs	Butts & Gutts	Arms & Abs	Butts & Gutts	-		
4:30 PM	Cardio Chisel <i>Jen</i>	Sculpt It!! <i>Kim P.</i>	Step & Sculpt <i>Patti</i>	Total Toning <i>Dawn</i>	Kick n' Booty! <i>Patti</i>		
5:30 PM	ZUMBA <i>Bernie</i>	Dance Jam <i>Jackie</i>	Move Like Bruce Lee <i>Peter</i>	Cardio Core! <i>Lisa</i>			
6:30 PM (30 min)	Piyo <i>Bernie</i>	-	-	-	-	-	-
7:00 PM	-	-	Yoga <i>Jackie</i>	-	-	-	-

SPIN SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM <i>Chris</i>	5:30 AM <i>Jo</i>	5:30 AM <i>Kelly</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>Lisa H.</i>	8:30 AM <i>Dawn</i>	9:00 AM <i>Lisa H.</i>
5:30 PM <i>Nikki</i>	4:30 PM <i>Jo</i>	-	5:30 PM <i>Jen</i>	-	-	-

Babysitting Hours: Mon - Sat 8:30am-10:30am
 Mon - Thurs 4pm - 7pm, Fri 4pm - 6:30pm