

**Hours of Operation:**

**Mon-Fri: 5:00 am - 9 pm**  
**Sat & Sun: 8:00 am – 3:00 pm**

**Lady of America**

732-297-2220  
 34-Classes-Current Schedule

**Childcare Hours:**

**Mon-Friday 9-12 pm & 4-8:30 pm**  
**Sat & Sunday 8:00 am -12:00 pm**

Must maintain 5 people to keep a class on the calendar or it will be dropped

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>8:00 am</b> TBC/Pump Robyn	<b>8:00 am</b> Boot Camp Conrad		<b>5:30 am</b> Spinning Tara	<b>8:15 am</b> Definition Lori F	<b>8:30 am</b> TBC Robyn
<b>9:15 am</b> Lean & Fit Robyn	<b>9:00 am</b> 30-Min Step Linda	<b>9:00 am</b> 30-Min Step Linda	<b>9:00 am</b> TBC/Pump Robyn	<b>9:00 am</b> 30-Min. Cardio Lori H.	<b>9:30 am</b> Spinning Lori F	<b>9:30 am</b> Spinning Lori F
	<b>9:30 am</b> 30-Min Abs Linda	<b>9:30am</b> 30-Min Abs Linda	<b>10:00 am</b> Yoga-Lates Linda	<b>9:30 am</b> 30-Min. Abs Lori H.	<b>9:30 to 11 am</b> Step-n-sculpt Shannon	
	<b>10:00 am</b> Pilates Linda			<b>10:00am</b> Pilates Linda	<b>11:00 am</b> Yoga Maria	<b>10:45 am</b> Pilates Linda
BREAK	BREAK	BREAK	BREAK	BREAK		
<b>5:00 pm</b> Zumba JOE	<b>4:30 pm</b> Flex-a-ball Conrad	<b>4:45 pm</b> Step & Tone Linda			Memos: <b>All Classes must have at least 3 people to start</b>  24 hour notice recommended for Yoga, and Pilates Classes Spinning Card are required 15-min before class <b>Sign-up for classes online:</b> <a href="http://www.letsgetfit.net">www.letsgetfit.net</a> Blue: Means Changes to Class Black: Means the Same Pinks: Means new Instructor  <b><u>Closed on Sunday in JULY and August</u></b>	
<b>6:00 pm</b> Body Flow Robyn	<b>5:30 pm</b> Butts and Guts Roe	<b>6:00 pm</b> Yoga-Lates Linda	<b>6:00 pm</b> Strength & Core Shannon			
<b>6:15 pm</b> Beginner Spin Jacquie	<b>6:30 pm</b> Spinning Tara	<b>6:00 pm</b> Spinning Lori F	<b>6:30pm</b> 30-Min Abs Shannon	<b>6:30 pm</b> Zumba Lori H.		
<b>7:00 pm</b> Kickboxing Roe	<b>7:30 pm</b> Yoga Annalisa	<b>7:00 pm</b> TBC Lori H.	<b>7:00 pm</b> Yoga Maria			