



Weekly Group Fitness Class Schedule

2441 N. Diers Ave. Grand Island, NE

(308)398-0098

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Pilates	Pump	**Zumba(Oct)	Pump	Pilates	
8:30 AM	TurboKick	SuperSculpt	Pump	Zumba	Pump	Instructor's Choice!
9:45 AM	Pump	Zumba	SuperSculpt	Forever Fit	Zumba	!!!Watch for monthly
NOON	SuperSculpt	Pilates	SuperSculpt	Pilates	SuperSculpt	schedule on white
4:15 PM	Zumba	Pilates	Yoga/Pilates on Ball	Pilates	Zumba	board outside
5:30 PM	Pump	Zumba	TurboKick	Pump	Candlelight Yoga	classroom!!!
6:45 PM	Pilates	SuperSculpt	Pump	Zumba		



The 5:15 am Zumba class will be added in October!

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Please bring water and a towel.

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.

In addition, pilates increases circulation and helps to sculpt the body and strengthen the body's "core". Bring your mat.

SuperSculpt (formerly known as Floor, Core and More) This is a very targeted, very powerful workout including classic floorwork, stability ball core work, free weight work, pilates ball legs and abwork and resistance band work. It's a combination that maximizes motivation while challenging your muscles in diverse ways. Bring an exercise mat and get ready to sculpt that body!

Turbokick is the hottest new thing infusing hip hop and kick boxing. Bring your water and check out this fat burning workout!

Zumba (Latin Cardio Aerobics) Zumba is the perfect blend of dance and fitness and is based on latin dance steps such as salsa, merengue, cumbia, etc. You will have a blast in one exciting hour of calorie burning, body-energizing movements. BRING WATER!

Yoga is an ancient system of breathing practices, physical exercises and postures and meditation intended to integrate the body, mind and spirit. Candlelight Yoga offers an extra peaceful setting. Bring your mat.

Forever Fit is a total fitness program focusing on strength, balance and cardiovascular health.

Check us out online at www.ladyofamerica.com/GrandIsland and on Facebook!