



Fall and Winter Group Fitness Schedule

2441 N. Diers Ave. Grand Island, NE 308.398.0139
www.ladyofamerica/GrandIsland

LOA Fitness for Women - Grand Island on Facebook

*turn over for class descriptions



NEW EXTENDED HOURS!!!
 4 am - Midnight EVERY DAY!
 (get your extended hours card at front desk)

Front Desk Hours:
 8am-8pm - M-Th
 8am-6:30pm - F
 8:15am-11am - Sat

Kids Korner Hours:
 8:15-11 am - M-F
 4:15-7:45pm M-Th
 4:15-6:30 Friday
 8:30-10am Saturday



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	BODYPUMP	ZUMBA	BODYPUMP	RIPPED	BODYPUMP	SIGN UP FOR SATURDAY
8:30 AM	TURBOKICK	SUPER SCULPT	BODYPUMP	SPORTS CONDITIONING	ZUMBA	CLASSES!!!
9:35 AM	BODYPUMP	ZUMBA	SUPER SCULPT	TURBOKICK/ PILOXING	RIPPED	
NOON	SUPER SCULPT	PILATES	ZUMBA CIRCUIT	PILATES	ASHLEE'S ABS	
4:15 PM	ZUMBA	PIYO	ZUMBA	RIPPED	RIPPED	
5:30 PM	RIPPED	ZUMBA/PILOXING	SPORTS CONDITIONING	TURBOKICK	CANDLELIGHT YOGA	
6:00 PM				ZUMBA CIRCUIT		
6:35 PM	TURBOKICK	BODYPUMP	ZUMBA	BODYPUMP		