

Louisville Athletic Club - Dixie Highway

Effective
Jan. 2nd. 2019

Group Fitness Schedule

Hours of Operation:
Monday-Thursday: 5:00am-11:30pm
Friday: 5:00am-9:00pm
Saturday: 7:00am-8:00pm
Sunday: 8:00am-8:00pm

Playroom Hours:
Monday-Friday: 8:00am-12:00pm
Monday-Friday: 4:00pm-8:00pm
Saturday: 8:00am-1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a Spinning Michelle G/ Amy B	5:30a Strength Michelle G	5:30a Spinning Michelle G	5:30a Cardio Boot Camp Tracey S	5:30a 30/30 Class Tracy S	8:00am ZUMBA Emma B	10:00a Zumba Heather M
10:30a Silver Sneakers Brenda T	9:30a 30/30 Deanna M	8:45a Pilates Michelle M.	900am Chair Yoga Rebecca C.	10:30am Silver Sneakers Brenda T	8:00am Spinning Instructor Rotation	11:00a (30 min) Hoola Hoop Heather M
5:00p Tabata Sandy K	10:30a Yoga Rebecca C	9:30a BARRE Michelle M	10:00a Yoga Rebecca C	5:30p 30/30 Class Michelle G/ Amy B/ Sandy K	9:00-9:30am MMA Cardio Graham G	12 pm Strength Instructor Rotation
6:00p Spinning Sandy K	6:00p Spinning Michelle G	10:30a Silver Sneakers Brenda T	5:00p Boot Camp (Indoor) Instructor Rotation		9:30-10:30am Strength Michelle G	1:00p Spinning Instructor Rotation
6:00p Cardio Step Amy B	6:00p R.I.P.P.E.D Jennie C	5:00p Yoga Rebecca C	6:00p Spinning Sandy K		10:30-11:30am YOGA Rebecca C	
7:00p Zumba Heather M	7:00p Zumba Heather M	5:15p Spinning Amy B	6:00 pm Cardio Step Tracy S			
		6:00p Strength Michelle G				
		7:00p Zumba Heather M				

Facebook: LACDixie

Instagram: LAC_Dixie

Website: www.LouisvilleAthleticClub.com

General Manager: Renee Milburn

Membership Director: Shelby Acevedo

Group Fitness Director: Michelle Geary

Join our Group Fitness Page on FaceBook: LAC Dixie Fitness