



Louisville Athletic Club-Jtown						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:30-6:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>STRENGTH</b> Brooke</p>	<p><b>9:30-10:30 AM</b></p> <p><b>GROUP POWER</b> Tenley</p>	<p><b>5:30-6:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Anna</p>	<p><b>9:30-10:30 AM</b></p> <p><b>GROUP POWER</b> Tenley</p>	<p><b>5:30-6:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>ALL-TERRAIN</b> Brooke</p>	<p><b>8:30-9:30 AM</b></p> <p><b>GROUP POWER</b> Lisa</p>	<p><b>8:30-9:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Dean</p>
<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>ALL-TERRAIN</b> Dean</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> <b>YOGA</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Lori</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> <b>YOGA</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Lisa</p>	<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>STRENGTH</b> Anna</p>	<p><b>8:30-9:30 AM</b></p> <p><b>Barre</b> <b>BARRE-FIT</b> Lisa</p>
<p><b>9:30-10:30 AM</b></p> <p><b>YOGA</b> Michelle</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> <b>YOGA</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>COUNTRY HEAT</b> Tenley</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> <b>YOGA</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>PiYO</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>KICKBOXING</b> Amy</p>	<p><b>9:30-10:30 AM</b></p> <p><b>RIPPED</b> Amy</p>
<p><b>11:00-11:45 AM</b></p> <p><b>Silver Sneakers</b> <b>CIRCUIT</b> TENLEY</p>	<p><b>12:45-1:45 PM</b></p> <p><b>BALLROOM DANCE</b> Michelle</p>	<p><b>11:15-12:00 PM</b></p> <p><b>Silver Sneakers</b> <b>CLASSIC</b> Lisa</p>	<p><b>12:45-1:45 PM</b></p> <p><b>BALLROOM DANCE</b> Michelle</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> <b>CIRCUIT</b> Tenley</p>	<p><b>10:30-11:30 AM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>PARTY-RIDE</b> Brooke</p>	
	<p><b>4:30-5:00 PM</b></p> <p><b>UPPER BODY SCULPT</b> Lisa</p>	<p><b>12:30-1:30PM</b></p> <p><b>YOGA FLOW</b> Meghan</p>	<p><b>5:00-6:00 PM</b></p> <p><b>Barre</b> <b>FIT-BARRE</b> Lisa</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> <b>CLASSIC</b> Tenley</p>	<p><b>10:30-11:30 AM</b></p> <p><b>YOGA</b> Michelle</p>	
	<p><b>5:00-5:30 PM</b></p> <p><b>POP PILATES</b> Lisa</p>					
<p><b>5:30-6:30 PM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Diane</p>	<p><b>5:30-6:00 PM</b></p> <p><b>BUTTS AND GUTS</b> Amy</p>		<p><b>5:45-6:45 PM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>INTERVAL</b> Lori</p>			
<p><b>5:30-6:30 PM</b></p> <p><b>GROUP POWER</b> Betty</p>	<p><b>6:00-7:00 PM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>STRENGTH</b> Amy</p>	<p><b>6:00-7:00 PM</b></p> <p><b>RIPPED</b> Janice</p>				
<p><b>6:35-7:35 PM</b></p> <p><b>KICKBOXING</b> Diane</p>	<p><b>6:00-6:55 PM</b></p> <p><b>ZUMBA</b> Jaime/Sheila</p>	<p><b>6:00-7:00 PM</b></p> <p><b>INDOOR CYCLING</b> GROUP</p> <p><b>REFIT REVOLUTION</b> Mary</p>	<p><b>6:00-7:00</b></p> <p><b>REFIT REVOLUTION</b> Keely</p>			
	<p><b>7:00-8:00 PM</b></p> <p><b>RIPPED</b> Amy</p>	<p><b>7:00-8:00 PM</b></p> <p><b>YOGA</b> Michelle</p>	<p><b>7:00-8:00</b></p> <p><b>20/20/20</b> Amy</p>			



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Mon-Thurs	5am- 11:30pm
Friday	5am-9pm
Saturday	7am-8pm
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PLAYROOM HOURS	
Mon-Thurs	8am-12pm 5pm-8pm
Friday	8am-12pm
Saturday	8:30am-1pm
Sunday	Closed

Group Fitness Director- Amy Wilson  
awilson@athleticclubs.org  
Nationally Certified Instructor  
Certified R.I.P.E.D. Master Trainer

All Spinning classes are in the upstairs cycling studio.  
All other classes are in the downstairs studio.  
www.louisvilleathleticclub.com