



Louisville Athletic Club-Jtown						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 AM INDOOR CYCLING FREESTYLE Brooke	9:30-10:30 AM Tenley	5:30-6:30 AM INDOOR CYCLING COACH BY COLOR® Anna	9:30-10:30 AM Tenley	5:30-6:30 AM INDOOR CYCLING FREESTYLE Brooke	8:30-9:30 AM Lisa	8:30-9:30 AM INDOOR CYCLING COACH BY COLOR® Dean
9:30-10:30 AM INDOOR CYCLING COACH BY COLOR® Dean	10:45-11:30 AM Silver Sneakers YOGA Tenley	9:30-10:30 AM INDOOR CYCLING COACH BY COLOR® Lori	10:45-11:30 AM Silver Sneakers YOGA Tenley	9:30-10:30 AM INDOOR CYCLING COACH BY COLOR® Lisa	9:30-10:30 AM INDOOR CYCLING COACH BY COLOR® Anna	8:30-9:30 AM Barre BARRE-FIT Lisa
9:30-10:30 AM YOGA Michelle	11:45-12:30 PM Silver Sneakers YOGA Tenley	9:30-10:30 AM Tenley	11:45-12:30 PM Silver Sneakers YOGA Tenley	9:30-10:30 AM PIYO Tenley	9:30-10:30 AM KICKBOXING Amy	9:30-10:30 AM Amy
11:00-11:45 AM Silver Sneakers CIRCUIT TENLEY	12:45-1:45 PM BALLROOM DANCE Michelle	11:15-12:00 PM Silver Sneakers CLASSIC Lisa	12:45-1:45 PM BALLROOM DANCE Michelle	10:45-11:30 AM Silver Sneakers CIRCUIT Tenley	10:30-11:30 AM INDOOR CYCLING FREESTYLE Brooke	10:30-11:30 AM YOGA Michelle
5:30-6:30 PM INDOOR CYCLING COACH BY COLOR® Diane	4:30-5:00 PM UPPER BODY SCULPT Lisa	12:30-1:30 PM YOGA FLOW Meghan	5:00-6:00 PM Barre FIT-BARRE Lisa	5:00-6:00 PM INDOOR CYCLING COACH BY COLOR® Lori	5:00-5:30 PM Lisa	5:30-6:00 PM BUTTS AND GUTS Amy
5:30-6:30 PM Betty	6:00-7:00 PM INDOOR CYCLING COACH BY COLOR® Amy	6:00-7:00 PM Janice	5:45-6:45 PM INDOOR CYCLING COACH BY COLOR® Lori	Upcoming FTP Classes Take a Functional Threshold Power (FTP) Class to receive your exact Individual FTP score. Once you establish your score the Coach by Color training zones will be calibrated accurately to you and you can measure your progress!	6:00-7:00 PM Janice	6:00-7:00 PM INDOOR CYCLING COACH BY COLOR® Mary
6:35-7:35 PM KICKBOXING Diane	6:00-6:55 PM Jaime/Sheila	6:00-7:00 PM INDOOR CYCLING COACH BY COLOR® Mary	6:00-7:00 PM Keely	Scheduled FTP Classes 4/30 @6pm w/Amy 5/1 @ 6pm w/Mary 5/5 @8:30am w/Dean 5/6 @5:30pm w/Diane 5/8 @5:30am w/Anna 5/8 @9:30am w/Lori 5/11 @9:30am w/Anna 5/15 @9:30am w/Lori 5/24 @9:30 w/Lisa 5/29 @6pm w/Mary	7:00-8:00 PM Amy	7:00-8:00 PM YOGA Michelle
	7:00-8:00 PM Amy	7:00-8:00 PM YOGA Michelle	7:00-8:00 PM 20/20/20 Amy			

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CLUB HOURS

Mon-Thurs	5am- 11:30pm
Friday	5am-9pm
Saturday	7am-8pm
Sunday	8am-8pm

PLAYROOM HOURS

Mon-Thurs	8am-12pm
Friday	5pm-8pm
Saturday	8am-12pm
Sunday	8:30am-1pm
	Closed

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

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