



Louisville Athletic Club-Jtown						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15 AM COACH BY COLOR® Virtual Class	9:30-10:30 AM Tenley 10:45-11:30 AM Silver Sneakers YOGA Tenley 11:45-12:30 PM Silver Sneakers YOGA Tenley 12:45-1:45 PM BALLROOM DANCE Michelle 4:30-5:00 PM UPPER BODY SCULPT Lisa 5:00-5:30 PM POP PILATES Lisa 5:30-6:00 PM 5:30-6:30 PM COACH BY COLOR® Diane 5:30-6:30 PM Betty 6:35-7:35 PM KICKBOXING Diane	5:30-6:30 AM COACH BY COLOR® Anna 9:30-10:30 AM COACH BY COLOR® Lori 9:30-10:30 AM ZUMBA gold Tenley 11:15-12:00 PM Silver Sneakers CLASSIC Lisa 6:00-7:00 PM RIPPED Janice 6:00-7:00 PM COACH BY COLOR® Mary	9:30-10:30 AM Tenley 10:45-11:30 AM Silver Sneakers YOGA Tenley 11:45-12:30 PM Silver Sneakers YOGA Tenley 5:00-6:00 PM Barre FIT-BARRE Lisa 5:45-6:45 PM COACH BY COLOR® Lori 6:00-7:00 PM ZUMBA Sheila 7:00-8:00 PM ZUMBA Amy 20/20/20	5:30-6:30 AM COACH BY COLOR® Amy 9:30-10:30 AM COACH BY COLOR® Lisa 9:30-10:30 AM PIYO Tenley 10:45-11:30 AM Silver Sneakers CIRCUIT Tenley 11:45-12:30 PM Silver Sneakers CLASSIC Tenley SPECIAL EVENTS: Intro to Coach By Color Sat., 9/7 @10:30am Mon., 9/16 @6:30pm COACH BY COLOR® NEW CLASSES HIP HOP FITNESS Tuesday Nights @6pm Starting September Hip Hop Fitness ZUMBA Zumba has moved to Thursdays! Upcoming FTP Classes Take a Functional Threshold Power (FTP) Class to receive your exact score. Then the Coach by Color training zones will be calibrated accurately to you & you can measure your progress! Tuesday 9/3 @6:00pm	8:30-9:30 AM Lisa 9:30-10:30 AM COACH BY COLOR® Anna 9:30-10:30 AM KICKBOXING Amy 10:30-11:30 AM YOGA Michelle	8:30-9:30 AM COACH BY COLOR® Dean 8:30-9:30 AM Barre BARRE-FIT Lisa 9:30-10:30 AM RIPPED 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 9am-1pm 5pm-8pm Friday 9am-1pm Saturday 8:30am-1pm Sunday Closed	
					Group Fitness Director- Amy Wilson awilson@athleticclubs.org Nationally Certified Instructor Certified R.I.P.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	