

All classes are 55 minutes unless noted otherwise. www.louisvilleathleticclub.com

\*Located in the ICG Cycling Studio \*\*Located in the Yoga Studio

(Effective 8-16-2019)

0401 Westport Road, E	tport road, Louisville, R1 40241 302-412-4022				(Elicotive	0-10-2019)
MONDAY	THEODAY		p Fitness Schedule - Wes		CATUDDAY	CHNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:25am	<u>5:30am - 6:25am</u>	5:30am - 6:25am	<u>5:30am-6:25am</u>	5:30am - 6:25am		
§ ICG Cycling	GROUP POWER	₹ ICG Cycling	GROUP POWER	₹ ICG Cycling		
*(Interval) Walter	Lisa F./Elise	*(All-Terrain) Elise	Elise	*(Strength Ride) Tarah		
9:15am - 10:10am	8:15am - 9:10am	9:15am - 10:10am	8:15am - 9:10am	9:15am - 10:10am	8:00am-8:50am	
	Total Body Conditioning	<b>S</b> ICG Cycling	Total Body Conditioning	§ ICG Cycling	GROUP POWER	
*(All-Terrain) Mary	Linda H.	*(All-Terrain) Walter	Sherri	*(All-Terrain) Walter	Wendy	
9:30am - 10:25am	9:15am - 10:00am	9:30am - 10:25am	9:15am - 10:00am	9:30am - 10:25am	8:00am - 8:55am	
20/20/20	STEP	Boot Camp	Cardio Blast	20/20/20	₹ ICG Cycling	
Alishia	Alishia	Stephanie	Alishia	Stephanie	* (All-Terrain) Walter	
9:30am - 10:25am	9:45am - 10:40am	9:30am - 10:25am	9:45am - 10:40am	9:30am - 10:25am	9:00am - 9:55am	
**Pilates Mat	**Yoga Flow	**Pilates Mat	**Yoga Flow	**Yoga CORE	Barre Works	10:00am - 10:55am
Lisa F.	Amy M.	Amy M./Linda H.	McKenna McKenna	Jen M.	Avery	₹ ICG Cycling
10:30am - 11:25am	10:00am - 10:55am	10:30am - 11:25am	10:00am - 10:55am	10:45am - 11:30am	9:05am - 10:00am	*(Strength Ride) Dean
REFIT®	Barre Works	REFIT® 3 ZVMBA	Barre Works	SilverSneakers Classic	S ICG Cycling	(Strength Mide) Dean
Mary Jane	Alishia	Erika/Cindy	Alishia	Patty C.	*(Interval) Wendy	11:05am - 12:00pm
10:30am -11:25am	11:00am - 11:55am	Lina/Cilidy	11:00am - 11:55am	11:00am - 11:55am	9:30am - 10:25am	
Power Vinyasa Flow	Getting Into Fitness		Getting Into Fitness	**Pop Pilates	SISTEMBA STATE	POWER POWER
Donna	· ·		•	Lisa F.	**Allison E. (YOGA RM)	Ivana
11:35am - 12:20pm	Patty C.	11:35am - 12:20pm	Patty C.	12:00pm - 12:45pm	10:00am - 10:55am	
**SilverSneakers Classic		**SilverSneakers Circuit		12.00pm - 12.45pm	STEP	
Patty C. (YOGA RM)		Patty C. (YOGA RM)		Lisa F.	Alishia	
12:00pm - 12:45pm	12:00pm - 12:45pm	12:00pm - 12:45pm	12:00pm - 12:45pm	LISA F.	10:30am - 11:15am	
	S ICG Cycling		S ICG Cycling		**Pilates Mat	
GROUP POWER	(Lunch Cycle) Lisa F.	GROUP POWER Jenna				
Lisa F.	` ,		(Lunch Cycle) Mary		Mira	
<u>12:30pm - 1:15pm</u> **Zumba GOLD	12:15pm - 1:00pm SilverSneakers Classic	<u>12:30pm - 1:15pm</u> **Zumba GOLD	12:15pm - 1:00pm SilverSneakers Circuit		11:00am - 11:55pm	
					REFIT®	
Tenley (YOGA RM) 1:05pm - 1:50pm	Patty C.	Tenley (YOGA RM) <b>1:05pm - 1:50pm</b>	Patty C.	1:05pm - 1:50pm	Maranda 11:30am - 12:25pm	
				SilverSneakers Yoga		
SilverSneakers Yoga Lisa F.		SilverSneakers Yoga Lisa F.		Debi D.	**Beg. Yoga Kat	Contacts
				Debi D.	Kat	Contacts
5:00pm - 5:55pm		5:00pm - 5:55pm				
GROUP XPOWER		GROUP POWER				Alishia Fuller
Holly	F:20nm 6:2Fnm	Holly	F:30mm 6:2Fmm			
6:00pm -6:55pm	5:30pm - 6:25pm	5:30pm -6:25pm	5:30pm - 6:25pm			Group Fitness Director
FICG Cycling	TICG Cycling Start in main Group Fitness Rm	FICG Cycling	State of Decing			afuller@athleticclubs.o
*(Strength Ride) Julia	·	*(Strength Ride) Dean	*(Interval) Dean	Club Hours	Blowroom Hours	
6:00pm - 6:55pm	(Hard Core Cycling) Elise	6:00pm - 6:55pm	0.00	Club Hours	Playroom Hours	laner Omitte
<b>ZVMBA</b> fitness	<u>6:00pm - 6:55pm</u>	SVMBA fitness	<u>6:00pm - 6:55pm</u>	Man Th	Man Thomas	Jason Smith
Allison E.	REFIT®	Allison E.	REFIT®	Mon - Thurs	Mon - Thurs	General Manager
6:00pm - 6:55pm	Jenna	<u>6:00pm - 6:55pm</u>	Jennifer F.	5am - 11:30pm	8:30am-1pm, 4pm-8pm	
**Pilates Mat		**Pop Pilates				l <u>.</u>
Lisa F.		Lisa F.		Friday	Friday	Dominique Moore
	7:00pm - 7:55pm	6:30pm - 7:25pm	7:00pm - 7:55pm	5am - 9pm	8:30am - 1pm	Assistant General Manager
		ICG Intro Cycling	PiYo Live!	Saturday	Saturday	
	Amanda	*(Beginner) Dean	Amanda	7am - 8pm	8:30am - 1pm	
7:00pm - 7:55pm		7:00pm - 7:55pm		Sunday	Sunday	
**Yoga Flow		**Yoga Flow		8am - 8pm	CLOSED	
Jennifer		Lisa F.				