

Effective 10/01/2019

Phone: 502.933.8866
 Address: 10205 Dixie Highway
 Louisville, KY 40272

www.louisvilleathleticclub.com



LOUISVILLE ATHLETIC CLUB
 DIXIE HIGHWAY

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

Playroom Hours:

Monday - Friday: 8am-12pm
 Monday - Friday: 4pm-8pm
 Saturday: 8am-1pm

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Michelle G.	5:30am Michelle G.	5:30am Michelle G.	5:30am Tracey S.	5:30am 30/30 CLASS Tracey S.	8:15am-9:00am Graham G.	10:00am-11:00am Heather M.
10:30am-11:30am Brenda T.	9:30am-10:30am 30/30 CLASS Cheryl B.	9:00am-10:00am Pi-Barre Michelle M.	10:00am-11:00am Rebecca C.	10:30am-11:30am Brenda T.	8:00am-9:00am Instructor Rotation	1:00pm-2:00pm Instructor Rotation
5:00pm-6:00pm TABATA Instructor Rotation	10:30am-11:30am Brenda T.	10:30am-11:30am Brenda T.	5:00pm-6:00pm TABATA BOOTCAMP Instructor Rotation	5:30pm-6:30pm 30/30 CLASS Heather M.	9:00am-10:00am Michelle G.	
6:00pm-7:00pm Sandy K.	5:00pm-6:00pm Katrina	5:00pm-6:00pm Rebecca C.	6:00pm-7:00pm Sandy K.		10:00am-11:00am Rebecca C.	
6:00pm-7:00pm Cardio Step Amy B.	6:00pm-7:00pm Michelle G.	5:15pm-6:00pm Amy B.			11:00am-12:00pm Amanda L.	
7:00pm-8:00pm Heather M.	6:30pm-7:00pm Heather M.	6:00pm-7:00pm Michelle G.	6:00pm-7:00pm Heather M.			
	7:00pm-8:00pm Heather M.	7:00pm-8:00pm Amanda L.				

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General Manager
 Renee Milburn

Membership Director
 Allison Antle

Group Fitness Director
 Michelle Geary

Bootcamp could be canceled due to weather conditions