Find us on Facebook

All classes are 55 minutes unless noted otherwise.

www.louisvilleathleticclub.com

9451 Westport Road, Louisville, KY 40241 502-412-4522

LOUISVILLE ATHLETIC CLUB

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

(Effective 2-3-2020)

Group Fitness Schedule - Westport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:25am ICG Cycling *(Interval) Walter	**5:30am - 6:25am** GROUP POWER Lisa F./Elise	**5:30am - 6:25am** ICG Cycling *(All-Terrain) Elise	**5:30am-6:25am** GROUP POWER Elise	**5:30am - 6:25am** ICG Cycling *(Strength Ride) Tarah		
9:15am - 10:10am ICG Cycling *(All-Terrain) Mary	**8:15am - 9:10am** Total Body Conditioning Linda H.	**9:15am - 10:10am** ICG Cycling *(All-Terrain) Walter	**8:15am - 9:10am** Total Body Conditioning Sherri	**9:15am - 10:10am** ICG Cycling *(All-Terrain) Walter	**8:00am-8:50am** GROUP POWER Wendy	
9:30am - 10:25am Cardio Circuit Alishia	**9:15am - 10:00am** STEP Alishia	**9:30am - 10:25am** Boot Camp Stephanie	**9:15am - 10:00am** Cardio Blast Alishia	**9:30am - 10:25am** Boot Camp Stephanie	**8:00am - 8:55am** ICG Cycling * (All-Terrain) Walter	**10:00am - 10:55am** ICG Cycling *(Strength Ride) Dean
9:30am - 10:25am **Pilates Mat Lisa F.	**9:45am - 10:40am** **Yoga Flow Amy M.	**9:30am - 10:25am** **Pilates Mat Mary Jane/Linda H.	**9:45am - 10:40am** **Yoga Flow McKenna	**9:30am - 10:25am** **Yoga CORE Jen M.	**9:00am - 9:55am** Barre Works Avery	**11:05am - 12:00pm** GROUP POWER Ivana
10:30am - 11:25am REFIT® Mary Jane	**10:00am - 10:55am** Barre Works Alishia	**10:30am - 11:25am** REFIT® ZUMBA fitness Erika/Cindy	**10:00am - 10:55am** Barre Works Alishia	**10:45am - 11:30am** SilverSneakers Classic Patty C.	**9:05am - 10:00am** ICG Cycling *(Interval) Wendy	
10:30am -11:25am **Power Vinyasa Flow Donna	**11:00am - 11:55am** Getting Into Fitness Patty C.		**11:00am - 11:55am** Getting Into Fitness Patty C.	**11:00am - 11:55am** **Pop Pilates Lisa F.	**9:30am - 10:25am** ZUMBA fitness **Allison E. (YOGA RM)	
11:35am - 12:20pm **SilverSneakers Classic Patty C. (YOGA RM)		**11:35am - 12:20pm** **SilverSneakers Circuit Patty C. (YOGA RM)			**10:00am - 10:55am** STEP Alishia	
12:00pm - 12:45pm GROUP POWER Lisa F.	**12:00pm - 12:45pm** ICG Cycling (Lunch Cycle) Lisa F.	**12:00pm - 12:45pm** GROUP POWER Jenna	**12:00pm - 12:45pm** ICG Cycling (Lunch Cycle) Mary	**12:00pm - 12:45pm** GROUP POWER Lisa F.	**10:30am - 11:15am** **Pilates Mat Mira	
12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)	**12:15pm - 1:00pm** SilverSneakers Classic Patty C.	**12:30pm - 1:15pm** **Zumba GOLD Tenley (YOGA RM)	**12:15pm - 1:00pm** SilverSneakers Circuit Patty C.		**11:00am - 11:55pm** REFIT® Maranda	
1:05pm - 1:50pm SilverSneakers Yoga Lisa F.		**1:05pm - 1:50pm** SilverSneakers Yoga Lisa F.		**1:05pm - 1:50pm** SilverSneakers Yoga Debi D.	**11:30am - 12:25pm** **Beg. Yoga Kat	
5:00pm - 5:55pm GROUP POWER Holly		**5:00pm - 5:55pm** GROUP POWER Holly				
6:00pm -6:55pm ICG Cycling *(Strength Ride) Rae	**5:30pm - 6:25pm** ICG Cycling Start in main Group Fitness Rm	**5:30pm -6:25pm** ICG Cycling *(Strength Ride) Dean	**5:30pm - 6:25pm** ICG Cycling *(Interval) Dean			
6:00pm - 6:55pm ZUMBA fitness Allison E.	(Hard Core Cycling) Elise **6:00pm - 6:55pm** REFIT® Natalie	**6:00pm - 6:55pm** ZUMBA fitness Allison E.	**6:00pm - 6:55pm** REFIT® Jennifer F.			
6:00pm - 6:55pm **Pilates Mat Lisa F.		**6:00pm - 6:55pm** **Pop Pilates Lisa F.				
7:00pm - 7:55pm **Yoga Flow Jennifer	**7:00pm - 7:55pm** PiYo Live! Amanda	**7:00pm - 7:55pm** **Yoga Flow Lisa F.	**7:00pm - 7:55pm** PiYo Live! Amanda			

Club Hours

Mon - Thurs
5am - 11:30pm

Friday
5am - 9pm
Saturday
7am - 8pm
Sunday
8am - 8pm

Playroom Hours

Mon - Thurs
8:30am-1pm, 4pm-8pm

Friday
8:30am - 1pm
Saturday
8:30am - 1pm
Sunday
CLOSED

Contacts

Alishia Fuller
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Jason Smith
General Manager

Dominique Moore
Assistant General Manager