



Louisville Athletic Club-Jtown						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:30-6:15 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Virtual Class</p>	<p>9:30-10:30 AM</p> <p>GROUP POWER</p> <p>Tenley</p>	<p>5:30-6:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Anna</p>		<p>5:30-6:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Amy</p>	<p>8:30-9:30 AM</p> <p>GROUP POWER</p> <p>Lisa</p>	<p>8:30-9:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Dean</p>
<p>9:30-10:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Dean</p>	<p>10:45-11:30 AM</p> <p>Silver Sneakers</p> <p>YOGA</p> <p>Tenley</p>	<p>9:30-10:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Lori</p>	<p>9:30-10:30 AM</p> <p>GROUP POWER</p> <p>Tenley</p>	<p>9:30-10:30 AM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Lisa</p>	<p>9:30-10:30 AM</p> <p>COACH BY COLOR</p> <p>Anna</p>	<p>8:30-9:30 AM</p> <p>Barre</p> <p>BARRE-FIT</p> <p>Lisa/Vicki</p>
<p>9:30-10:30 AM</p> <p>YOGA</p> <p>Michelle</p>	<p>11:45-12:30 PM</p> <p>Silver Sneakers</p> <p>YOGA</p> <p>Tenley</p>	<p>9:30-10:30 AM</p> <p>ZUMBA gold</p> <p>Tenley</p>	<p>10:45-11:30 AM</p> <p>Silver Sneakers</p> <p>YOGA</p> <p>Tenley</p>	<p>9:30-10:30 AM</p> <p>PiYO</p> <p>Tenley</p>	<p>9:30-10:30 AM</p> <p>KICKBOXING</p> <p>Amy</p>	<p>9:30-10:30 AM</p> <p>STRONG</p> <p>Amy</p>
<p>11:00-11:45 AM</p> <p>Silver Sneakers</p> <p>CIRCUIT</p> <p>TENLEY</p>	<p>4:30-5:00 PM</p> <p>UPPER BODY SCULPT</p> <p>Lisa</p>	<p>11:15-12:00 PM</p> <p>Silver Sneakers</p> <p>CLASSIC</p> <p>Lisa</p>	<p>11:45-12:30 PM</p> <p>Silver Sneakers</p> <p>YOGA</p> <p>Tenley</p>	<p>10:45-11:30 AM</p> <p>Silver Sneakers</p> <p>CIRCUIT</p> <p>Tenley</p>	<p>10:30-11:30 AM</p> <p>YOGA</p> <p>Michelle</p>	
	<p>5:00-5:30 PM</p> <p>POP PILATES</p> <p>Lisa</p>			<p>11:45-12:30 PM</p> <p>Silver Sneakers</p> <p>CLASSIC</p> <p>Tenley</p>		
	<p>5:30-6:00 PM</p> <p>BUTTS AND GUTS</p> <p>Amy</p>		<p>5:00-6:00 PM</p> <p>Barre</p> <p>FIT-BARRE</p> <p>Lisa</p>	<p>Upcoming FTP Classes</p> <p>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!</p> <p>See Instructor for details.</p>	<p>DOWNLOAD OUR FREE APP</p> <p>Download on the App Store</p> <p>Download from Google Play</p> <p>Follow us on Instagram</p> <p>Follow us on Facebook</p>	
<p>5:30-6:30 PM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Diane</p>	<p>6:00-7:00 PM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Brittany</p>	<p>6:00-7:00 PM</p> <p>POWER PUMP</p> <p>Janice</p>	<p>5:45-6:45 PM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Lori</p>	<p>SPECIAL EVENTS</p> <p>Silver Sneakers Contest</p> <p>Check-In to Win</p> <p>Pickup Cards at Front Desk</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>New to Cycling?</p> <p>Intro to Cycling</p> <p>First Monday of month</p> <p>6:30PM</p>	<p>CLUB HOURS</p> <p>Mon-Thurs 5am- 11:30pm</p> <p>Friday 5am-9pm</p> <p>Saturday 7am-8pm</p> <p>Sunday 8am-8pm</p>	
<p>6:35-7:35 PM</p> <p>KICKBOXING</p> <p>Diane</p>	<p>6:00-6:30PM</p> <p>Barre</p> <p>BARRE-FIT</p> <p>Amy</p>	<p>6:00-7:00 PM</p> <p>INDOOR CYCLING</p> <p>COACH BY COLOR</p> <p>Mary</p>	<p>6:00-7:00 PM</p> <p>ZUMBA</p> <p>Sheila</p>		<p>PLAYROOM HOURS</p> <p>Mon-Thurs 9am-1pm</p> <p>Friday 5pm-8pm</p> <p>Saturday 9am-1pm</p> <p>Sunday 8:30am-1pm</p> <p>Closed</p>	
	<p>7:00-8:00 PM</p> <p>Hip Hop Fitness</p> <p>Amy</p>	<p>7:00-8:00 PM</p> <p>YOGA</p> <p>Michelle</p>	<p>7:00-8:00 PM</p> <p>20/20/20</p> <p>Amy</p>		<p>Group Fitness Director- Amy Wilson</p> <p>awilson@athleticclubs.org</p> <p>Nationally Certified Instructor</p> <p>Certified Nutrition Coach</p>	
	<p>7:00-8:00 PM</p> <p>STRONG</p> <p>Amy</p>				<p>All cycling classes are in the upstairs cycling studio.</p> <p>All other classes are in the downstairs studio.</p> <p>www.louisvilleathleticclub.com</p>	