





LAC STRONG

LOUISVILLE ATHLETIC CLUB



SCHEDULE EFFECTIVE 6/10/2020

SCHEDULE EFFECTIVE 6/10/2020						LAC STRONG JTOWN BARBELL CLUB
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					LAC STRONG HIIT Level I & II 9AM-10AM Kate	9565 Taylorsville Rd. Louisville KY 40299 502-753-0999 LAC STRONG HIIT Level I: Fitness Perfect for Beginners, Tests ALL Fitness Levels LAC STRONG HIIT Level II: Performance Challenges ALL Fitness Levels LAC STRONG HIIT Level III: Competition Elite Level workouts, See Coach for Details.
	LAC STRONG HIIT Level I & II 3PM-4PM Kate		LAC STRONG HIIT Level I & II 3PM-4PM Kate			
LAC STRONG HIIT Level I & II 5:30PM-7PM Kate	LAC STRONG HIIT Level I & II 5:30PM-7PM Kate	LAC STRONG HIIT Level I & II 5:30PM-7PM Kate	LAC STRONG HIIT Level I & II 5:30PM-7PM Kate			
Barbell Club 5:30-7PM Keith	Barbell Club 5:30-7PM Keith	Barbell Club 5:30-7PM Keith	Barbell Club 5:30-7PM Keith			

Session Pricing: For More Information contact svontrapp@athleticclubs.org 502-753-0999. Individual workouts are \$15 each for drop-ins.

Unlimited Monthly Passes for J-town Barbell Club and LAC STRONG HIIT classes ONLY \$69.99 month. J-town Barbell and LAC STRONG Members receive a discounted membership to LAC.

All-access LAC Strong Memberships are \$49/month, includes membership to LAC. See reverse for details.