






LAC STRONG

LOUISVILLE ATHLETIC CLUB



SCHEDULE EFFECTIVE 1/1/2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>LAC STRONG HIIT Levels I, II, & III JTOWN BARBELL 12PM-1PM <i>Brad</i></p> <p>LAC STRONG HIIT Levels I & II 5:30PM-7PM <i>Kate</i></p>	<p>LAC STRONG HIIT Levels I, II, & III JTOWN BARBELL 12PM-1PM <i>Brad</i></p> <p>LAC STRONG HIIT Levels I & II 3PM-4PM <i>Kate</i></p> <p>LAC STRONG HIIT Levels I & II 5:30PM-7PM <i>Kate</i></p>	<p>LAC STRONG HIIT Levels I, II, & III JTOWN BARBELL 12PM-1PM <i>Brad</i></p> <p>LAC STRONG HIIT Levels I & II 5:30PM-7PM <i>Kate</i></p>	<p>LAC STRONG HIIT Levels I, II, & III JTOWN BARBELL 12PM-1PM <i>Brad</i></p> <p>LAC STRONG HIIT Levels I & II 3PM-4PM <i>Kate</i></p> <p>LAC STRONG HIIT Levels I & II 5:30PM-7PM <i>Kate</i></p>	<p>LAC STRONG HIIT Levels I, II, & III JTOWN BARBELL 12PM-1PM <i>Brad</i></p>	<p>LAC STRONG HIIT Levels I & II 9AM-10AM <i>Kate</i></p>	<p>9565 Taylorsville Rd. Louisville KY 40299 JTOWN BARBELL All-Levels USAW Training</p> <p>LAC STRONG HIIT Level I: Fitness Perfect for Beginners, Tests ALL Fitness Levels</p> <p>LAC STRONG HIIT Level II: Performance Challenges ALL Fitness Levels</p> <p>LAC STRONG HIIT Level III: Competition Elite Level workouts, See Coach for Details.</p>
						
						

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 \$49.99/month, includes membership to LAC. See reverse for details. 502-753-0999