

9565 Taylorsville Rd.
Louisville, KY 40299
502-753-0999



Group Fitness Schedule
Effective 12/1/2021

www.louisvilleathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:30-6:15 AM INDOOR CYCLING Ashley</p>	<p>5:30-6:15 AM INDOOR CYCLING Virtual ride</p>	<p>5:30-6:15 AM INDOOR CYCLING Danielle</p>	<p>5:30-6:15 AM INDOOR CYCLING Virtual ride</p>	<p>5:30-6:15 AM INDOOR CYCLING Ashley</p>	<p>8:00-8:50AM INDOOR CYCLING Walter</p>	<p>8:30-9:30 AM INDOOR CYCLING Dean</p>
<p>8:15-9:15 AM INDOOR CYCLING Walter</p>	<p>5:30-6:20 AM GROUP POWER Lisa</p>	<p>8:15-9:15 AM INDOOR CYCLING Walter</p>	<p>5:30-6:20 AM GROUP POWER Elise</p>	<p>8:15-9:15 AM INDOOR CYCLING Walter</p>	<p>8:30-9:30 AM GROUP POWER Lisa</p>	<p>8:30-9:30 AM Barre BARRE-WORKS Lisa/Darby</p>
<p>9:30-10:30 AM INDOOR CYCLING Dean</p>	<p>8:15-9:00 AM TOTAL BODY CONDITIONING Linda</p>	<p>9:30-10:30 AM INDOOR CYCLING Bonnie</p>	<p>9:00-10:00 AM INDOOR CYCLING Mary</p>	<p>9:30-10:30 AM INDOOR CYCLING Lisa</p>	<p>9:10-10:10 AM INDOOR CYCLING Anna</p>	<p>11:30-12:30PM MUSCLE DEFINITION Danielle</p>
<p>9:30-10:15 AM Silver Sneakers YOGA Lisa</p>	<p>9:00-10:00 AM INDOOR CYCLING ALL-TERRAIN Mary</p>	<p>11:15 AM-12:00 PM Silver Sneakers CLASSIC Lisa</p>	<p>9:15-10:00 AM STEP Alishia</p>	<p>9:30-10:30 AM HIIT BOOTCAMP Amber</p>	<p>10:00-10:50 AM STEP Alishia</p>	
<p>10:30-11:15 AM PILATES MAT Lisa</p>	<p>9:15-10:00 AM STEP Alishia</p>	<p>12:00 -12:50 PM GROUP POWER Lisa</p>	<p>10:10-11:05 AM Barre BARRE-WORKS Alishia</p>	<p>10:30-11:15 AM Silver Sneakers CIRCUIT Amber</p>	<p>11:00-11:50 AM YOGA Michelle</p>	
<p>11:30 AM-12:20 PM GROUP POWER Lisa</p>	<p>10:10-11:05 AM Barre BARRE-WORKS Alishia</p>	<p>1:00-1:45 PM Silver Sneakers YOGA Lisa</p>		<p>11:30-12:15PM Silver Sneakers YOGA Amber</p>	<p>12:00-1:00 PM REFIT Nanci</p>	
<p>12:30-1:15 PM Silver Sneakers CLASSIC Lori</p>	<p>4:30-5:30 PM POP PILATES Lisa</p>		<p>5:00-5:50 PM Barre BARRE-WORKS Lisa</p>	Holiday Hours		
<p>5:30-6:30 PM INDOOR CYCLING Diane</p>	<p>6:00-7:00PM HIIT BOOTCAMP Christina</p>	<p>5:15-6:05 PM GROUP POWER Lisa</p>	<p>6:00-7:00 PM ZUMBA Sheila</p>	CLUB HOURS		PLAYROOM
<p>5:15-6:05 PM REFIT Brittney</p>		<p>6:15-7:05 PM PILATES MAT Lisa</p>		CHRISTMAS EVE: 7AM-12PM		CLOSED
<p>6:15-7:05 PM PILATES MAT Lisa</p>		<p>7:15-8:05 PM YOGA FLOW Lisa</p>		CHRISTMAS DAY: CLOSED		CLOSED
<p>7:15-8:05 PM YOGA FLOW Jen</p>				NEW YEAR'S EVE: 5AM-1PM		MORNING ONLY
				NEW YEAR'S DAY: 10AM-6PM		CLOSED
				REGULAR CLUB HOURS		
				Mon-Thurs	5am- 11:30pm	9am-1pm, 5pm-8pm
				Friday	5am-9pm	9am-1pm
				Saturday	7am-8pm	8:30am-1pm
				Sunday	8am-8pm	Closed
				All cycling classes are in the upstairs cycling studio. All other classes are in the downstairs studio.		
				Group Fitness Director- Amber Hawkins ahawkins@athleticclubs.org Nationally Certified Instructor		
				Follow us on Facebook Follow us on Instagram		
				Download on the App Store Download from Google Play		
	COVID-19 ALERT ENTER CLASSES AT YOUR OWN RISK:					
	<p>Germes are everywhere. The safety of attending a health-club during a pandemic is relative to individual risk factors. We are sanitizing our facility to the best of our ability but we expect members to take personal responsibility for sanitizing equipment before and after use as well. Please respect the guidelines posted when visiting the club. We are all here to live healthier lives, help us help you!</p>					