



www.louisvilleathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY											
<p><b>5:30-6:15 AM</b> INDOOR CYCLING Ashley</p>	<p><b>5:30-6:15 AM</b> INDOOR CYCLING Virtual ride</p>	<p><b>5:30-6:15 AM</b> INDOOR CYCLING Danielle</p>	<p><b>5:30-6:15 AM</b> INDOOR CYCLING Virtual ride</p>	<p><b>5:30-6:25 AM</b> INDOOR CYCLING Ashley</p>	<p><b>8:00-8:50AM</b> INDOOR CYCLING Walter</p>	<p><b>8:30-9:30 AM</b> INDOOR CYCLING Dean</p>											
<p><b>8:15-9:15 AM</b> INDOOR CYCLING Walter</p>	<p><b>5:30-6:20 AM</b> GROUP POWER Lisa</p>	<p><b>8:15-9:15 AM</b> INDOOR CYCLING Walter</p>	<p><b>5:30-6:20 AM</b> GROUP POWER Elise</p>	<p><b>8:15-9:15 AM</b> INDOOR CYCLING Walter</p>	<p><b>8:30-9:30 AM</b> GROUP POWER Lisa</p>	<p><b>8:30-9:30 AM</b> Barre BARRE-WORKS Lisa/Darby</p>											
<p><b>9:30-10:30 AM</b> INDOOR CYCLING Dean</p>	<p><b>8:15-9:00 AM</b> TOTAL BODY CONDITIONING Linda</p>	<p><b>9:30-10:30 AM</b> INDOOR CYCLING Bonnie</p>	<p><b>8:15-9:00 AM</b> TOTAL BODY CONDITIONING Laura</p>	<p><b>9:30-10:30 AM</b> INDOOR CYCLING Lisa</p>	<p><b>9:10-10:10 AM</b> INDOOR CYCLING Anna</p>	<p><b>11:30-12:30PM</b> MUSCLE DEFINITION Danielle</p>											
<p><b>9:30-10:15 AM</b> Silver Sneakers YOGA Lisa</p>	<p><b>9:00-10:00 AM</b> INDOOR CYCLING ALL-TERRAIN Mary</p>	<p><b>11:15 AM-12:00 PM</b> Silver Sneakers CLASSIC Lisa</p>	<p><b>9:00-10:00 AM</b> INDOOR CYCLING Mary</p>	<p><b>9:30-10:30 AM</b> HIIT BOOTCAMP Amber</p>	<p><b>10:00-10:50 AM</b> STEP Alishia</p>												
<p><b>10:30-11:15 AM</b> PILATES MAT Lisa</p>	<p><b>9:15-10:00 AM</b> STEP Alishia</p>	<p><b>12:00-12:50 PM</b> GROUP POWER Lisa</p>	<p><b>9:15-10:00 AM</b> STEP Alishia</p>	<p><b>10:30-11:15 AM</b> Silver Sneakers CIRCUIT Amber</p>	<p><b>11:00-11:50 AM</b> YOGA Michelle</p>												
<p><b>11:30 AM-12:20 PM</b> GROUP POWER Lisa</p>	<p><b>10:10-11:05 AM</b> Barre BARRE-WORKS Alishia</p>	<p><b>1:00-1:45 PM</b> Silver Sneakers YOGA Lisa</p>	<p><b>10:10-11:05 AM</b> Barre BARRE-WORKS Alishia</p>	<p><b>11:30-12:15PM</b> Silver Sneakers YOGA Amber</p>	<p><b>12:00-1:00 PM</b> REFIT Nanci</p>												
<p><b>12:30-1:15 PM</b> Silver Sneakers CLASSIC Lori</p>	<p><b>12:00-1:00PM</b> Silver Cycling Lisa</p>	<p><b>5:15-6:05 PM</b> GROUP POWER Lisa</p>	<p><b>11:15 AM-12:00 PM</b> Silver Sneakers CLASSIC Laura</p>	<p><b>Silver Sneakers Contest Starting 1/1/22:</b> All Silver Sneakers members can participate in a prize contest just by working out at the club. The first attendance date of each month a Silver Sneakers Member can pick up a punch card from the front desk. Members will be eligible to get their card punched each time they work out and after 10 classes can drop their card in the drawing to win prizes. Prizes Include: Silver Sneakers Athletic Gear and apparel &amp; Gift Cards!</p>													
<p><b>5:30-6:30 PM</b> INDOOR CYCLING Diane</p>	<p><b>4:30-5:30 PM</b> POP PILATES Lisa</p>	<p><b>6:15-7:05 PM</b> PILATES MAT Lisa</p>	<p><b>5:00-5:50 PM</b> Barre BARRE-WORKS Lisa</p>	<p><b>REGULAR CLUB HOURS</b></p> <table border="1"> <tr> <td>Mon-Thurs</td> <td>5am- 11:30pm</td> <td rowspan="5"> <b>PLAYROOM</b> 9am-1pm, 5pm-8pm 9am-1pm 8:30am-1pm Closed                 </td> </tr> <tr> <td>Friday</td> <td>5am-9pm</td> </tr> <tr> <td>Saturday</td> <td>7am-8pm</td> </tr> <tr> <td>Sunday</td> <td>8am-8pm</td> </tr> <tr> <td></td> <td></td> </tr> </table>			Mon-Thurs	5am- 11:30pm	<b>PLAYROOM</b> 9am-1pm, 5pm-8pm 9am-1pm 8:30am-1pm Closed	Friday	5am-9pm	Saturday	7am-8pm	Sunday	8am-8pm		
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<p><b>5:15-6:05 PM</b> REFIT Brittney</p>	<p><b>6:00-7:00PM</b> HIIT BOOTCAMP Christina</p>	<p><b>7:15-8:05 PM</b> YOGA FLOW Lisa</p>	<p><b>6:00-7:00 PM</b> ZUMBA Sheila</p>	<p><b>All cycling classes are in the upstairs cycling studio.</b> <b>All other classes are in the downstairs studio.</b></p>													
<p><b>6:15-7:05 PM</b> PILATES MAT Lisa</p>	<p><b>COVID-19 ALERT ENTER CLASSES AT YOUR OWN RISK:</b> Germs 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>																
<p><b>7:15-8:05 PM</b> YOGA FLOW Jen</p>	<p>Group Fitness Director- Amber Hawkins ahawkins@athleticclubs.org Nationally Certified Instructor</p>																
<p>Follow us on Facebook</p>		<p>Follow us on Instagram</p>		<p>Download our FREE APP</p> <p>Download on the App Store</p> <p>Download from Google Play</p>													