

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



Group Fitness Schedule  
Effective 02/01/2021

Louisville Athletic Club-Jtown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:30-6:15 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Virtual Ride</p>	<p><b>5:30-6:15 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Virtual Ride</p>	<p><b>5:30-6:15 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Danielle</p>	<p><b>5:30-6:15 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Virtual Ride</p>	<p><b>5:30-6:15 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Brittney</p>		
<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Dean</p>	<p><b>11:15-12:15AM</b></p> <p><b>ZUMBA®</b></p> <p>Kristen</p>	<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Lori</p>	<p><b>11:15-12:15PM</b></p> <p><b>BARBELL STRENGTH</b></p> <p>Lori</p>	<p><b>9:30-10:30 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Lisa</p>	<p><b>8:30-9:30 AM</b></p> <p><b>BARBELL STRENGTH</b></p> <p>Lisa</p>	<p><b>8:30-9:30 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Dean</p>
<p><b>11:30-12:15 PM</b></p> <p><b>Silver Sneakers CLASSIC</b></p> <p>Lori</p>	<p><b>12:30-1:15 PM</b></p> <p><b>Silver Sneakers CIRCUIT</b></p> <p>Lori</p>	<p><b>11:30-12:15 PM</b></p> <p><b>Silver Sneakers CLASSIC</b></p> <p>Lisa</p>	<p><b>12:30-1:15 PM</b></p> <p><b>Silver Sneakers CIRCUIT</b></p> <p>Lori</p>	<p><b>9:30-10:30 AM</b></p> <p><b>HIIT BOOTCAMP</b></p> <p>Amber</p>	<p><b>9:00-10:00 AM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Lori</p>	<p><b>8:30-9:30 AM</b></p> <p><b>Barre</b></p> <p>BARRE-FIT Lisa/Vicki</p>
<p><b>5:30-6:30 PM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Diane</p>	<p><b>4:30-5:30 PM</b></p> <p><b>POP PILATES</b></p> <p>Lisa</p>	<p><b>5:00-6:00PM</b></p> <p><b>BARBELL STRENGTH</b></p> <p>Lori</p>	<p><b>5:00-6:00 PM</b></p> <p><b>Barre</b></p> <p>FIT-BARRE Lisa</p>	<p><b>10:30-11:15 AM</b></p> <p><b>Silver Sneakers CLASSIC</b></p> <p>Amber</p>	<p><b>10:30-11:30 AM</b></p> <p><b>YOGA</b></p> <p>Michelle</p>	<p><b>11:30-12:30 PM</b></p> <p><b>POWER PUMP</b></p> <p>Danielle</p>
<p><b>6:45-7:45PM</b></p> <p><b>MUSCLE DEFINITION</b></p> <p>Danielle</p>	<p><b>6:00-7:00PM</b></p> <p><b>HIIT BOOTCAMP</b></p> <p>Christina</p>	<p><b>6:00-7:00 PM</b></p> <p><b>INDOOR CYCLING</b></p> <p>COACH BY <b>COLOR®</b></p> <p>Lori</p>	<p><b>6:00-7:00 PM</b></p> <p><b>ZUMBA®</b></p> <p>Sheila</p>	<p><b>11:30-12:15pm</b></p> <p><b>Silver Sneakers YOGA</b></p> <p>Amber</p>		

<p><b>CLUB HOURS</b></p> <p>Mon-Thurs 5am- 11:30pm Friday 5am-9pm Saturday 7am-8pm Sunday 8am-8pm</p>	<p><b>PLAYROOM HOURS</b></p> <p>Mon-Thurs 9am-1pm, 5pm-8pm Friday 9am-1pm Saturday 8:30am-1pm Sunday Closed</p>	<p><b>RULES FOR COMING TO CLASS:</b></p> <p>Wash hands before and after class. Bare feet not encouraged for yoga or barre, consider yoga socks. Bring your own mat for all fitness classes. Bring a water bottle for all fitness classes. Sanitize bikes before and after classes. Sanitize all equipment used before and after classes. Fans not permitted at this time by state order</p>	<p><b>BULLETIN:</b></p> <p> Silver Sneakers Classes ARE HERE! Stay Tuned for Updates!</p>	<p><b>DOWNLOAD OUR FREE APP</b></p> <p>Follow us on Facebook Follow us on Instagram</p> <p>Download on the App Store Download from Google Play</p>
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www.louisvilleathleticclub.com

All cycling classes are in the upstairs cycling studio.

All other classes are in the downstairs studio.

Group Fitness Director- Lori Duckett [lduckett@athleticclubs.org](mailto:lduckett@athleticclubs.org) Nationally Certified Instructor & Personal Trainer

**COVID-19 WARNING ENTER CLASSES AT YOUR OWN RISK:**



Germans 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!