

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



Group Fitness Schedule  
Effective 07/9/2021

Louisville Athletic Club-Jtown

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

<b>CLUB HOURS</b>	<b>RULES FOR COMING TO CLASS:</b>	<b>BULLETIN:</b>
<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>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>Silver Sneakers Classes ARE HERE!</b></p> <p><b>Stay Tuned for Updates!</b></p> <p> Follow us on Facebook  Follow us on Instagram</p> <p><b>DOWNLOAD OUR FREE APP</b></p> <p> Download on the App Store  Download from Google Play</p>

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:**



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!