



www.louisvilleathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY															
<p><b>5:30-6:15 AM</b> <b>INDOOR CYCLING</b> Walter</p>	<p><b>5:30-6:15 AM</b> <b>INDOOR CYCLING</b> Virtual ride</p>	<p><b>5:30-6:15 AM</b> <b>INDOOR CYCLING</b> Danielle</p>	<p><b>5:30-6:15 AM</b> <b>INDOOR CYCLING</b> Virtual ride</p>	<p><b>5:30-6:15 AM</b> <b>INDOOR CYCLING</b> Ashley</p>	<p><b>8:00-8:50AM</b> <b>INDOOR CYCLING</b> Walter</p>	<p><b>8:30-9:30 AM</b> <b>INDOOR CYCLING</b> Dean</p>															
<p><b>8:15-9:15 AM</b> <b>INDOOR CYCLING</b> Walter</p>	<p><b>5:30-6:20 AM</b> <b>GROUP POWER</b> Lisa</p>	<p><b>8:15-9:15 AM</b> <b>INDOOR CYCLING</b> Walter</p>	<p><b>5:30-6:20 AM</b> <b>GROUP POWER</b> Elise</p>	<p><b>8:15-9:15 AM</b> <b>INDOOR CYCLING</b> Walter</p>	<p><b>8:30-9:30 AM</b> <b>GROUP POWER</b> Lisa</p>	<p><b>8:30-9:30 AM</b> <b>Barre</b> BARRE-WORKS Lisa/Michelle</p>															
<p><b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> Dean</p>	<p><b>8:15-9:00 AM</b> <b>TOTAL BODY CONDITIONING</b> Linda</p>	<p><b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> Bonnie</p>	<p><b>9:00-10:00 AM</b> <b>INDOOR CYCLING</b> Mary</p>	<p><b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> Lisa</p>	<p><b>9:00-10:00 AM</b> <b>INDOOR CYCLING</b> Anna</p>	<p><b>11:30-12:30PM</b> <b>MUSCLE DEFINITION</b> Danielle</p>															
<p><b>9:30-10:15 AM</b> <b>Silver Sneakers YOGA</b> Lisa</p>	<p><b>9:00-10:00 AM</b> <b>INDOOR CYCLING</b> <b>ALL-TERRAIN</b> Mary</p>	<p><b>9:30-10:30 AM</b> <b>20/20/20</b> Avery</p>	<p><b>9:15-10:00 AM</b> <b>STEP</b> Alishia</p>	<p><b>9:30-10:30 AM</b> <b>HIIT BOOTCAMP</b> Amber</p>	<p><b>10:00-10:50 AM</b> <b>STEP</b> Alishia</p>																
<p><b>10:30-11:15 AM</b> <b>PILATES MAT</b> Lisa</p>	<p><b>9:15-10:00 AM</b> <b>STEP</b> Alishia</p>	<p><b>11:15 AM-12:00 PM</b> <b>Silver Sneakers CLASSIC</b> Lisa</p>	<p><b>10:10-11:05 AM</b> <b>Barre</b> BARRE-WORKS Alishia</p>	<p><b>10:30-11:15 AM</b> <b>Silver Sneakers CIRCUIT</b> Amber</p>	<p><b>11:00-11:50 AM</b> <b>YOGA</b> Michelle</p>																
<p><b>11:30 AM-12:20 PM</b> <b>GROUP POWER</b> Lisa</p>	<p><b>10:10-11:05 AM</b> <b>Barre</b> BARRE-WORKS Alishia</p>	<p><b>12:00 -12:50 PM</b> <b>GROUP POWER</b> Lisa</p>	<p><b>11:15 AM-12:00 PM</b> <b>Silver Sneakers CIRCUIT</b> Laura</p>	<p><b>11:30-12:15PM</b> <b>Silver Sneakers YOGA</b> Amber</p>	<p><b>12:00-1:00 PM</b> <b>REFIT</b> Nanci</p>																
<p><b>12:30-1:15 PM</b> <b>Silver Sneakers CLASSIC</b> Lori</p>	<p><b>12:00-12:45 PM</b> <b>INDOOR CYCLING</b> Lisa</p>	<p><b>1:00-1:45 PM</b> <b>Silver Sneakers YOGA</b> Lisa</p>	<p><b>12:00-12:45 PM</b> <b>INDOOR CYCLING</b> Mary</p>																		
<p><b>5:30-6:30 PM</b> <b>INDOOR CYCLING</b> Diane</p>			<p><b>12:15-1:00 PM</b> <b>MUSCLE FIRE</b> Laura</p>	<p><b>RULES FOR COMING TO CLASS:</b> Wash hands before and after class. Bare feet not encouraged for yoga or barre, consider yoga socks. Bring your own water bottle &amp; mat for all fitness classes. Sanitize all bikes or equipment used before and after class. Fans not recommended at this time by health department. Group Fitness Director- Amber Hawkins ahawkins@athleticclubs.org Nationally Certified Instructor</p>																	
<p><b>5:15-6:05 PM</b> <b>REFIT</b> Brittney</p>	<p><b>4:30-5:30 PM</b> <b>POP PILATES</b> Lisa</p>	<p><b>5:15-6:05 PM</b> <b>GROUP POWER</b> Lisa</p>	<p><b>5:00-5:50 PM</b> <b>Barre</b> BARRE-WORKS Lisa</p>	<table border="1"> <thead> <tr> <th>CLUB HOURS</th> <th colspan="2">PLAYROOM</th> </tr> </thead> <tbody> <tr> <td>Mon-Thurs</td> <td>5am- 11:30pm</td> <td>9am-1pm, 5pm-8pm</td> </tr> <tr> <td>Friday</td> <td>5am-9pm</td> <td>9am-1pm</td> </tr> <tr> <td>Saturday</td> <td>7am-8pm</td> <td>8:30am-1pm</td> </tr> <tr> <td>Sunday</td> <td>8am-8pm</td> <td>Closed</td> </tr> </tbody> </table>			CLUB HOURS	PLAYROOM		Mon-Thurs	5am- 11:30pm	9am-1pm, 5pm-8pm	Friday	5am-9pm	9am-1pm	Saturday	7am-8pm	8:30am-1pm	Sunday	8am-8pm	Closed
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<p><b>6:15-7:05 PM</b> <b>PILATES MAT</b> Lisa</p>	<p><b>6:00-7:00PM</b> <b>HIIT BOOTCAMP</b> Christina</p>	<p><b>6:15-7:05 PM</b> <b>PILATES MAT</b> Lisa</p>	<p><b>6:00-7:00 PM</b> <b>ZUMBA</b> Sheila</p>	<p><i>All cycling classes are in the upstairs cycling studio. All other classes are in the downstairs studio.</i></p>																	
<p><b>7:15-8:05 PM</b> <b>YOGA FLOW</b> Jen</p>		<p><b>7:15-8:05 PM</b> <b>YOGA FLOW</b> Lisa</p>		<p>Follow us on Facebook  Follow us on Instagram  <b>DOWNLOAD OUR FREE APP</b> Download from Google Play  Download on the App Store </p>																	

**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!