

Mt. Elbert Studio-Fitness Class Schedule

Louisville Recreation Center

YEAR ROUND

Welcome to the "FITZONE"! Admittance to "FitZone" fitness classes is included in your daily admission, 10 or 20-visit pass, monthly pass or SilverSneakers® membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Participants must be at least 14 years old.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am* Barre Anastasia	7:30-8:30am Les Mills Body Pump Tori	7:00-7:45am Barre Express Anastasia	8:00-8:45am Total Body HIIT Amy	8:00-9:00am Les Mills Body Pump Lara	8:15-9:15am Power Step Christine	8-8:45am Total Body HIIT Kara
9:15-10:15am ZoneTone Cindy	9:00-10:00am Kickboxing Helene	8:00-9:00am Zumba Gold® Anastasia	9:00-10:00am Kickboxing Helene	9:15-10:15am Barre Laura	9:30-10:45am Power Yoga Becky	9:00-10:00am Les Mills Body Pump Nicole
10:30-11:30am Les Mills Body Pump Tori	10:00-10:30am Ultimate Core Helene	9:15-10:15am Cardio ZoneTone Ronda	10:00-10:30am Ultimate Core Helene	10:45-11:45am Zumba Gold Anastasia		10:30-11:30am NIA Jill F
12:00-1:00pm Lunch Crunch Helene	12:00-1:00pm Barre Laura	11:30am-12:15pm Cardio Dance Helene	10:45-11:45am Zumba Laura	12:00-1:00pm ZoneTone Helene		11:45-12:45pm* Yoga Burn Becky
1:30-2:45pm Move/Improve It Nancy/Terry	1:30-2:30pm* SS CardioFit Donna	12:15-1:00pm ZoneTone Helene	12:00-1:00pm Barre Molly	1:15-2:00pm Total Body HIIT Amy		4:30-5:30pm Zumba Joy
4:15-5:15pm Les Mills Body Pump Nicole	4:15-5:15pm Cardio Dance Helene	1:30-2:45pm Move/Improve It Nancy/Anastasia	1:30-2:30pm* SS CardioFit Donna	For cancellation status visit our website: www.louisvillerecreation.com/FitZone		
5:30-6:30pm Power Step Christine	5:30-6:30pm Barre Judi	4:15-5:15pm Barre Molly	4:15-5:15pm Zumba Anastasia			
6:30-7:30pm ZoneTone Felicia	6:45-7:45pm Family Zumba Joy	5:30-6:30pm Les Mills Body Pump Nicole	5:30-6:30pm Power Step Kara			
		6:45-7:45pm Zumba Alice				

NEW CLASSES!

***TIME CHANGE**