

Gray's Peak- Yoga/Senior 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
6:00-6:45am Recovery Yoga Becky	8:15-9:15am Modified Yoga CM	5:45-6:45am Yoga Becky	8:15-9:15am Modified Yoga CM	6:00-7:00am Power Yoga Alyx	9:30-1:00pm Tai Chi Rebecca	9:45-11:15am Integral Yoga C.M.
8:00-9:00am SS CardioFit Terry	9:30-10:30am Building Flexibility Donna	8:00-9:00am All Levels Yoga Satya	9:30-10:30am Building Flexibility Donna	8:00-9:00am Gentle Yoga C.M.		5:00-6:00pm SS Yoga Francesca
9:15-10:15am Zumba Anastasia	10:45-11:45am Gentle Yoga Ronda	9:15-10:15am Mat Pilates Samantha	10:45-11:45am Yoga for hips/back C.M.	9:15-10:15am SS Circuit Terry		
10:30-11:30am SS Classic Terry	12:00-1:00pm Yoga Alyx	10:30-11:30am SS Classic Donna	12-1pm Yoga Judi	12-1pm Yoga Molly		
12:00-1:00pm Gentle Yoga Peryl	6:30-7:30pm Pilates Mat Anastasia	12:00-1:00pm Power Yoga Peryl	4:30-5pm Ultimate Core Felicia	2:00-3:00pm SS Yoga Terry		
3:00-4:00pm Bums & Tums Terry	7:45-8:45pm Restorative Yoga Wendy	3:00-4:00pm Bums & Tums Terry	6:30-7:30pm Pilates Mat Anastasia		<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>For cancellation status visit our website: www.louisvillerecreation.com/FitZon</p> </div>	
4:40-5:15pm Cycle-yoga Becky		4:40-5:15pm Cycle-yoga Ronda				
5:30-6:30pm Power Yoga Alyx		5:30-6:30pm HIIT Yoga Peryl				
7:45-8:45pm Yoga Becky		7:15-7:30pm Lift n Ride Felicia				

NEW CLASSES!