

Cycle Studio-Fitness Class Schedule

Louisville Recreation Center

FALL-SPRING

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
6:00am-7:00am Cycle Judi	6:00am-6:45am Express Cycle Ben	6:00am-7:00am Cycle Judi	6:00-6:45am Express Cycle Becky	6:00am-7:00am Cycle Anne	7:00-8:00am Cycle Ronda/Terry	8:00-9:30am Endurance Cycle Becky
	7:15-8:00am Express Cycle Burt		7:15-8:00am Express Cycle Burt		8:15-9:15am Cycle Gregg	
	12:00-12:45pm Express Cycle Ronda		12:00-12:45pm Express Cycle Felicia	12:00-12:45pm Express Cycle Anastasia		
4:00-5:15pm Cycle-Yoga Becky		4:00-5:15pm Cycle-Yoga Ronda				
5:45-6:45pm Cycle Kara	5:15-6:15pm* Cycle Anastasia	5:30-6:15pm HIIT Cycle Jill	5:15-6:15pm* Cycle Felicia			
	7-8pm Cycle Gregg	6:30-7:30pm Lift 'n Ride Felicia				

NEW CLASSES!

***TIME CHANGE**