

Mt. Elbert Studio-Fitness Class Schedule

Last updated 8/1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6:45-7:45am Les Mills Body Pump Tori	7-7:45am Barre Express Anastasia				
8-9am Barre Anastasia		8-9am Zumba Gold® Anastasia	8-8:45am Total Body HIIT Amy	8-9am Les Mills Body Pump Lara	8:15-9:15am Power Step Christine	8-8:45am Cardio Barre Kara
9:15-10:15am ZoneTone Ronda	9-10am Kickboxing Helene	9:15-10:15am Cardio ZoneTone Ronda	9-10am Kickboxing Helene	9:15-10:15am Barre Laura	9:30-10:45am Power Yoga Becky	9-10am Les Mills Body Pump Nicole
10:30-11:30am Les Mills Body Pump Tori	10-10:30am Ultimate Core Helene		10-10:30am Ultimate Core Helene	10:45-11:45am Zumba Gold Anastasia	11-12pm Les Mills Body Pump Nicole	10:30-11:30am NIA Jill F
	10:45-11:45am NIA Moving to Heal Jill F	11:30am-12:15pm Cardio Dance Helene	10:45-11:45am Zumba Gold® Laura	12-1pm ZoneTone Helene		11:45-12:45pm Yoga Burn Becky
12-1pm Lunch Crunch Helene	12-1pm Barre Laura	12:15-1pm ZoneTone Helene	12-1pm Barre Molly	1:15-2pm Total Body HIIT Amy		4:30-5:30pm Zumba Joy
1:30-2:45pm Move/ Improve It Nancy/Terry	1:30-2:30pm SS CardioFit Terry/Judi	1:30-2:45pm Move/ Improve It Nancy/ Anastasia	1:30-2:30pm Gentle NIA Leslie			
4:15-5:15pm Les Mills Body Pump Amanda		4:15-5:15pm Barre Molly	4:15-5:15pm Zumba Anastasia			
5:30-6:30pm Power Step Christine	5:30-6:30pm Barre Judi	5:30-6:30pm Les Mills Body Pump Nicole	5:30-6:30pm Power Step Kara			
6:30-7:30pm ZoneTone Felicia	6:45-7:45pm Hip-Hop Dance Joy	6:45-7:45pm Zumba Alice				

For cancellation status visit our website:
www.louisvillerecreation.com/FitZone