Barre: This format combines elements of ballet, Pilates, yoga and strength training into an endurance-based strength workout for longer, leaner muscles. Minimal equipment used. Express is a 45-minute class versus a 1-hour class.

Boot Camp: This 45-minute dynamic class utilizes various locations (inside & outside) and equipment (TRX, dumbbells, resistance bands, ropes, etc.) for a total body workout. The class will meet in the south gym and will begin with 5 minutes of warm-up, and then go, go, GO from there!

Butts & Guts: This class is a full body aerobic workout that aims to tone up thighs, bum and stomach areas. Great for those that want to improve fitness levels. It will begin with a warmup, toning workout that will increase your stamina and endurance.

Cardio Dance: This cardio workout class provides a chance to express your inner dance diva with easy choreography and movements to some of your favorite music. You'll have a blast in this class!

Cycle: This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. Express is a 45-minute class versus a 1-hour class. Endurance is a 90-minute class with longer duration sets. HIT is a 45min class geared towards high intensity intervals.

Cycle-Yoga: This 75-minute class brings together cycling and yoga into one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling; comfortable clothing for Yoga; a water bottle; and a small towel.

Family Fitness: Each month join in on a different fitness format for you & your family! Classes include: Family Fit Games, Yoga, Zumba, Hip Hop & Aqua Zumba. Ages 3&up for land classes and 6&up for water classes.

Kickboxing: This high-energy class with a “punch” will sculp your body using punches, kicks and cardiovascular training.

Les Mills BODYPUMP™: is a barbell workout for anyone looking to get lean, toned and fit – fast.

Les Mills CORE™: This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.

Les Mills RPM™: the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

Ride then Lift: Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

Lunch Crunch: Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility.

Move It! Improve It!: This research-based drop-in exercise program, taught by certified therapists, uses the principles of Exercise for Brain Change to fight the effects of Parkinson’s disease on posture, balance, coordination, voice, attention span, mood and fatigue. Learn basic movements in sitting, standing and 3 different floor positions. Progress to more advanced movement sequences while further challenging your brain. For more information, contact Katie Beasley (303-335-4914) or katieb@louisville.gov


NIA Moving to Heal: Class designed for those looking for a gentler way to develop their well-being by using inspiring music to maintain balance, strength & mobility. NIA Moving to Heal can be done standing, in a chair or a combination.

Pilates Mat: All are welcome to this mind-body class that focuses on increasing core strength as well as flexibility. Controlled exercises are done on a mat usually in a sitting or lying-down position. Some exercises will also challenge the upper body.

Power Step: An advanced-level, high intensity, low impact aerobics class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

SilverSnakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is available if needed for seated or standing support. CardioFit: Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Circuit: Combine fun with fitness in this standing circuit workout. Strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support. Yoga: Move through a complete series of seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

Stretch & Flex: Flex your muscles during the core strength section and end with a relaxing stretch to increase flexibility.

Total Body HIT: The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.

TRX (Total Body Resistance Exercise): TRX suspension training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. This class is held in the South Gym.

Ultimate Core: This class will focus on building abdominal and low back musculature; and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

Yoga: Traditional Hatha yoga. Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures which restores calm, balance, and enhances energy. The classes designated as Yoga are designed for all levels. Burke incorporates light hand weights, poses target and strengthen specific muscles. The occasional “cardio burst” creates an energizing and fun class! Gentle classes are slower paced with gentle transitions between postures. Hips/Back focuses on poses that bring greater flexibility to the hips and lower back. HIT power vinyasa flows with high intensity intervals using traditional yoga poses and making them dynamic. Integral involves staying in poses longer, releasing tension and stress. Power indicates a more vigorous, fitness-based approach. Recovery resets your body after weekend training and targets hips, hams, quads, low back and core. Restorative involves holding poses longer and use of props. It is designed to promote physical, mental and emotional relaxation.

ZoneTone: This class uses hand weights, bands and/or body bars for total body sculpting and toning. Cardio indicates an additional focus on increasing your heart rate.

Zumba®: A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Gold: easy-to-follow and modified, low-impact moves for active older adults and people who want to move at a slower pace.