

FitZone Class Schedule

Last Updated 8/1

Silver Sneakers	Les Mills Body Pump	Cycling	Cardio
Yoga / Pilates	Barre	Core/Strength	TRX / Bootcamp

Monday			
Time	Class Format	Instructor	Location
6-6:45am	Boot Camp	Helene	Gym
6-6:45am	Recovery Yoga	Becky	Gray's Studio
7-7:45am	TRX	Helene	Gym
8-9am	SS CardioFit	Terry	Gray's Studio
8-9am	Barre	Anastasia	Mt. Elbert Studio
9:15-10:15am	ZoneTone	Ronda	Mt. Elbert Studio
9:15-10:15am	Zumba	Anastasia	Gray's Studio
10:30-11:30am	Les Mills Body Pump	Tori	Mt. Elbert Studio
10:30-11:30am	SS Classic	Terry	Gray's Studio
12-12:45pm	Express Cycle	Anne	Cycle Studio
12-1pm	Lunch Crunch	Helene	Mt. Elbert Studio
12-1pm	Gentle Yoga	Peryl	Gray's Studio
1:15-2:30pm	Yoga for Hips/back	CM	Gray's Studio
1:30-2:45pm	Move It! Improve It!	Nancy/Terry	Mt. Elbert Studio
3-4pm	Butts & Guts	Terry	Gray's Studio
4-4:45pm	Cycle portion of Cycle-Yoga	Becky	Cycle Studio
4:15-5:15pm	Les Mills Body Pump	Amanda	Mt. Elbert Studio
4:40-5:15pm	Yoga portion of Cycle-Yoga	Becky	Gray's Studio
5:30-6:30pm	Power Step	Christine	Mt. Elbert Studio
5:30-6:30pm	Advanced Yoga	Alyx	Gray's Studio
6:30-7:30pm	ZoneTone	Felicia	Mt. Elbert Studio
7:45-8:45pm	Yoga	Becky	Gray's Studio

Tuesday			
Time	Class Format	Instructor	Location
6-6:45am	Bootcamp	Nicole	Gym
6-6:45am	Express Cycle	Gregg	Cycle Studio
7:15-8am	Express Cycle	Burt	Cycle Studio
6:45-7:45am	Les Mills Body Pump	Tori	Mt. Elbert Studio
8:30-9:30am	Modified Yoga \$	C.M.	Park
9-10am	Kickboxing	Helene	Mt. Elbert Studio
9:30-10:30am	Building Flexibility \$	Donna	Gray's Studio
10-10:30am	Ultimate Core	Helene	Mt. Elbert Studio
10:45-11:45am	NIA Moving to Heal	Jill F	Mt. Elbert Studio
10:45-11:45am	Gentle Yoga	Ronda	Gray's Studio
12-12:45pm	Express Cycle	Ronda	Cycle Studio
12-1pm	Barre	Laura	Mt. Elbert Studio
12-1pm	Yoga	Alyx	Gray's Studio
1:30-2:30pm	SS CardioFit	Judi	Mt. Elbert Studio
5:15-6:15pm	Cycle	Anastasia	Cycle Studio
5:30-6:30pm	Barre	Judi	Mt. Elbert Studio
6:30-7:30pm	Pilates Mat	Anastasia	Gray's Studio
6:45-7:45pm	Hip-Hop Dance	Joy	Mt. Elbert Studio
7:00-8:00pm	Cycle	Becky	Cycle Studio
7:45-8:45pm	Restorative Yoga	Wendy	Gray's Studio

Wednesday			
Time	Class Format	Instructor	Location
5:45-6:45am	Yoga	Becky	Gray's Studio
6-6:45am	Boot Camp	Helene	Gym
6-7am	Cycle	Judi	Cycle Studio
7-7:45am	TRX	Judi	Gym
7-7:45am	Express Barre	Anastasia	Mt. Elbert Studio
8-9am	Yoga	Satya	Gray's Studio
8-9am	Zumba Gold	Anastasia	Mt. Elbert Studio
9:15-10am	Pilates Mat	Susan	Gray's Studio
9:15-10:15am	Cardio ZoneTone	Ronda	Mt. Elbert Studio
10:30-11:30am	SS Classic	Donna	Gray's Studio
11:30-12:15pm	Cardio Dance	Helene	Mt. Elbert Studio
12-1pm	Lunch Crunch	Joy	Gym
12:15-1pm	ZoneTone	Helene	Mt. Elbert Studio
12-1pm	Power Yoga	Peryl	Gray's Studio
1:30-2:45pm	Move it! Improve it!	Nancy/Anastasia	Mt. Elbert Studio
3-4pm	Butts & Guts	Terry	Gray's Studio
4:15-5:15pm	Barre	Molly	Mt. Elbert Studio
5:30-6:15pm	HIIT Cycle	Jill	Cycle Studio
6-7pm	Power Yoga	Peryl	Gray's Studio
5:30-6:30pm	Les Mills Body Pump	Nicole	Mt. Elbert Studio
6:30-7:30pm	Lift n Ride	Felicia	Cycle Studio
6:45-7:45pm	Zumba	Alice	Mt. Elbert Studio
7:15-7:30pm	Lift n Ride	Felicia	Gray's Studio
7:45-8:45pm	Yoga	Diane	Gray's Studio

Thursday			
Time	Class Format	Instructor	Location
6-6:45am	Bootcamp	Joy	Gym
6-6:45am	Express Cycle	Becky	Cycle Studio
7:15-8am	Express Cycle	Burt	Cycle Studio
8-8:45am	Total Body HIIT	Amy	Mt. Elbert Studio
8:30-9:30am	Modified Yoga \$	C.M.	Park
9-10am	Kickboxing	Helene	Mt. Elbert Studio
9:30-10:30am	Building Flexibility	Donna	Gray's Studio
10-10:30am	Ultimate Core	Helene	Mt. Elbert Studio
10:45-11:45am	Zumba Gold	Laura	Mt. Elbert Studio
10:45-11:45am	Yoga for Hips/back	CM	Gray's Studio
12-12:45pm	Express Cycle	Felicia	Cycle Studio
12-1pm	Barre	Molly	Mt. Elbert Studio
12-1pm	Yoga	Judi	Gray's Studio
1:30-2:30pm	NIA	Leslie	Mt. Elbert Studio
4:15-5:15pm	Zumba	Anastasia	Mt. Elbert Studio
5:30-6:15pm	TRX	Anastasia	Gym
5:30-6:30pm	Power Step	Kara	Mt. Elbert Studio
6:30-7:30pm	Pilates Mat	Anastasia	Gray's Studio
7:45-8:45pm	Yoga	Alyx	Gray's Studio

Friday			
Time	Class Format	Instructor	Location
6-6:45am	Boot Camp	Helene	Gym
6-6:45am	Recovery Yoga	Becky	Gray's Studio
7-7:45am	TRX	Helene	Gym
8-9am	Les Mills Body Pump	Lara	Mt. Elbert Studio
8-9am	Gentle Yoga	CM	Gray's Studio
9:15-10:15am	Barre	Laura	Mt. Elbert Studio
9:15-10:15am	SS Circuit	Terry	Gray's Studio
10:45-11:45am	Zumba Gold	Anastasia	Mt. Elbert Studio
12-1pm	ZoneTone	Helene	Mt. Elbert Studio
12-1pm	Yoga	Molly	Gray's Studio
12-12:45pm	Express Cycle	Anastasia	Cycle Studio
1:15-2pm	Total Body HIIT	Amy	Mt. Elbert Studio
2-3pm	SS Yoga	Terry	Gray's Studio

*Admittance to fitness classes is included in your daily admission, all Recreation passes, or SilverSneakers® membership.

*Participants must be at least 14 years old & with a parent. Body Pump classes are 16 & up.

Saturday			
Time	Class Format	Instructor	Location
8:15-9:15am	PowerStep	Christine	Mt. Elbert Studio
8:15-9:15am	Cycle	Gregg	Cycle Studio
8:45-12pm	Tai Chi \$	Rebecca	Gray's Studio
9:30-10:45am	Power Yoga	Becky	Mt. Elbert Studio
11-12pm	Les Mills Body Pump	Nicole	Mt. Elbert Studio

Sunday			
Time	Class Format	Instructor	Location
8-8:45am	Total Body HIIT	Kara	Mt. Elbert Studio
9-10am	Les Mills Body Pump	Nicole	Mt. Elbert Studio
9:45-11:15am	Integral Yoga	CM	Gray's Studio
10:30-11:30am	NIA	Jill F	Mt. Elbert Studio
11:45-12:45pm	Yoga Burn	Becky	Mt. Elbert Studio
4:30-5:30pm	Zumba	Joy	Mt. Elbert Studio

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