

# Exercise Classes and Workout Facilities

MON	TUE	WED	THU	FRI	SAT	NOTES
<b>1. Allgeier Community Center</b> 4101 Cadillac Ct. 40213 (502) 456-3261						
Senior aerobics 9:30–11:30am  Aerobics 6:00–7:00pm		Senior aerobics 9:30–11:30am	Aerobics 6:00–7:00pm	Senior aerobics 9:30–11:30am		Classes are free
<b>2. Beechmont Community Center</b> 205 W. Wellington Ave. 40214 (502) 361-5484						
Weight and Cardio Room 9:15am–8:45pm  Senior Fitness 9:15–10:30am  Women's Weight Training 6:00–7:00pm  Speed Training 7:30–8:30pm	Weight and Cardio Room 9:15am–8:45pm  Yoga 7:00–8:00pm	Weight and Cardio Room 9:15am–8:45pm  Senior Fitness 9:15–10:30am  Women's Weight Training 6:00–7:00pm  Jazzercise 7:00–8:00pm  Speed Training 7:30–8:30pm	Weight and Cardio Room 9:15am–8:45pm  Body Pump 6:00–7:00pm  Yoga 7:00–8:00pm	Weight and Cardio Room 9:15am–6:45pm  Senior Fitness 9:15–10:30am  Women's Weight Training 6:00–7:00pm  Speed Training 7:30–8:30pm	Weight and Cardio Room 9:15am–2:00pm	Take any 8 classes for \$10.00 a month  Weight and cardio room is \$10 a month  Fee is \$5 if 50+ years old  *Exercise activities for kids/teens also available
<b>3. Family Health Centers, Inc.</b> 2215 Portland Ave. 40212 (502) 772-8588						
Jazzercise 5:00–6:00pm	Jazzercise 5:00–6:00pm	Yoga 5:00–6:00pm	Jazzercise 5:00–6:00pm		Jazzercise 12:00–1:00pm	Jazzercise is \$1 per class or \$7 a month  Yoga is free (starts August 6 <sup>th</sup> ); mats are available to borrow
<b>4. Flaget Community Center</b> 4425 Greenwood Ave. 40211 (502) 574-2831						
Walking Club 6:00am  Weight and Cardio Room 9:00am–6:00pm	Walking Club 6:00am  Weight and Cardio Room 9:00am–6:00pm	Walking Club 6:00am  Weight and Cardio Room 9:00am–6:00pm	Walking Club 6:00am  Weight and Cardio Room 9:00am–6:00pm	Walking Club 6:00am  Weight and Cardio Room 9:00am–6:00pm		Walking club is free  Weight and cardio room is \$3 a month  *Exercise activities for kids/teens also available
<b>5. Louisville Central Community Center</b> 1300 W. Muhammad Ali Blvd. 40203 (502) 583-8822						
		Pilates 6:00–7:00pm				Classes are free  Bring exercise mat or large towel
<b>6. Louisville Metro Dept. of Public Health and Wellness</b> 400 E. Gray St. 40202 (502) 574-6585						
Tai Chi 5:30–7:00pm	Low-impact aerobics 5:00–6:00pm	Tai Chi 5:30–7:00pm	Low-impact aerobics 5:00–6:00pm			Tai Chi is free  Aerobics classes are 25 cents
<b>7. Mary T. Meagher Aquatic Center</b> 201 Reservoir Ave. 40206 (502) 897-9949						
Lap Swim and Weight room 5:00am–9:00pm  Day/evening water aerobics classes	Lap Swim and Weight room 5:00am–9:00pm  Day/evening water aerobics classes	Lap Swim and Weight room 5:00am–9:00pm  Day/evening water aerobics classes	Lap Swim and Weight room 5:00am–9:00pm  Day/evening water aerobics classes	Lap Swim and Weight room 5:00am–9:00pm  Day/evening water aerobics classes	Lap Swim and Weight room 5:00am–9:00pm  Daytime water aerobics classes	Lap swim/weight room is \$4.50 per day or \$38.50 per month (yearly passes also available)  Classes are \$4.50 each or \$2.25 each for monthly/ yearly members  *Exercise activities for kids/teens also available
<b>8. Presbyterian Community Center</b> 701 S. Hancock St. 40203 (502) 584-0201						
Line Dancing 5:30–6:30pm			Hip Hop-ercise 5:30–6:30pm	Weight and Cardio room 9:00am–6:00pm		Classes are free  *Exercise activities for kids/teens also available
<b>9. Shawnee High School</b> 4018 W. Market St. 40212 (502) 485-8326						
Lap Swim Water Aerobics 8–9am; 9–10am 5–6pm; 6–7pm	Lap Swim Water Aerobics 5–6pm; 6–7pm	Lap Swim Water Aerobics 8–9am; 9–10am	Lap Swim Water Aerobics 5–6pm; 6–7pm	Lap Swim Water Aerobics 8–9am; 9–10am		Lap swim and water aerobics classes are \$2 per 1-hour session (adults only)
<b>10. South Louisville Community Center</b> 2911 Taylor Blvd. 40208 (502) 574-3206						
Weight and Cardio Room 8:30am–8:30pm  Walking Club 8:30–10:30am 6:00–7:00pm	Weight and Cardio Room 8:30am–8:30pm  Walking Club 8:30–10:30am 6:00–7:00pm	Weight and Cardio Room 8:30am–8:30pm  Walking Club 8:30–10:30am 6:00–7:00pm	Weight and Cardio Room 8:30am–8:30pm  Walking Club 8:30–10:30am 6:00–7:00pm	Weight and Cardio Room 8:30am–6:00pm  Walking Club 8:30–10:30am 5:00–6:00pm	Weight and Cardio room 9am–12:30pm  Walking Club 9:00–11:00am	Walking Club is free  Weight and cardio room is \$15 a month for adults and \$10 a month for seniors
<b>11. Sun Valley Community Center</b> 6505 Bethany Ln. 40272 (502) 937-8802						
Yoga 6:30–7:30pm  Women's Weight Training 6:30pm	Yoga 3:00–4:00pm  Tai Chi 6:30–7:30pm	Tai Chi 10:15–11:15am	Tai Chi 7:30–8:30pm			Pay \$10 a month for unlimited Yoga and Tai Chi  Weight Training \$10 a month  Free for age 60 and older  *Exercise activities for kids/teens also available
<b>12. Western Middle School</b> 2201 W. Main St. 40212 (502) 574-6663						
Pilates 6:00–7:00pm						Classes are free  Bring exercise mat or large towel