

Exercise Classes and Workout Facilities

MON	TUE	WED	THU	FRI	SAT	NOTES
1. Beechmont Community Center 205 W. Wellington Ave. 40214 (502) 361-5484						
Weight and Cardio Room 9:15am-8:45pm 50 and Over Fitness Class 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 7:15-8:15pm	Weight and Cardio Room 9:15am-8:45pm 50 and Over Fitness Class 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 7:15-8:15pm	Weight and Cardio Room 9:15am-6:45pm 50 and Over Fitness Class 9:15-10:30am Women's Weight Training 6:00-7:00pm	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
2. Family Health Centers, Inc. 2215 Portland Ave. 40212 (502) 772-8588						
Planned start date: February 2008						
3. Flaget Community Center 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
4. Louisville Central Community Center 1300 W. Muhammad Ali Blvd. 40203 (502) 583-8822						
		Pilates 6:00-7:00pm				Classes are free Bring exercise mat or large towel
5. Louisville Metro Dept. of Public Health and Wellness 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
6. Mary T. Meagher Aquatic Center 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
7. Presbyterian Community Center 701 S. Hancock St. 40203 (502) 584-0201						
Line Dancing 5:30-6:30pm	Personal Fitness Training 10:00am-noon 6:00-7:00pm	Golden Gliders (seniors) 10:45-11:00am	Personal Fitness Training 10am-noon Hip Hop-ercise 5:30-6:30pm Personal Fitness Training 6:30-7:30pm	Weight and Cardio room 9:00am-6:00pm		Classes are free *Exercise activities for kids/teens also available
8. Shawnee High School 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)
9. South Louisville Community Center 2911 Taylor Blvd. 40208 (502) 574-3206						
Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio Room 8:30am-9:00pm Walking Club 8:30-10:30am 6:00-7:00pm	Weight and Cardio room 9am-2:00pm	Walking Club is free Weight and cardio room is \$15 a month for adults and \$10 a month for seniors
10. Sun Valley Community Center 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 10:00-11:00am	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
11. Western Middle School 2201 W. Main St. 40212 (502) 574-6663						
Pilates 6:00-7:00pm						Classes are free Bring exercise mat or large towel

Call ahead to confirm schedule and cost in case information has changed.