

2013 Fitness Class Schedule



Yoga Basics \$5.00/class

Mondays 4:30pm-5:45pm

Begins Jan 7th

St. Barnabas 3042 Hikes Lane

Dorsey DeMaster

(502) 240-2259

Yoga Free

Mondays 3:00 pm

Bon Air (call for location)

RSVP to request a mat 615.268.8632

Julie Keel

Aerobics \$4.00/class

Tuesdays/Thursdays 6:00pm-6:45pm

MOLO Village CDC 1225 West Jefferson St.

Patrice Fife

502.386.5589

Zumba \$5.00/class

Wednesdays 6:00pm

Cane Run Elementary 3951 Cane Run Road

Leesha Vassar

502.650.5866

Yoga \$5.00/class

Thursdays 6:00pm Jan 10th -Feb 14th

Douglas Loop Community Center (Highlands)

Mats Provided

615.268.8632

Gentle Hatha Yoga \$5.00/class

Thursdays 8:30a-9:15a Jan 10th-Feb. 14th

Holy Spirit Church 3345 Lexington Road

Julie Keel

RSVP to request a mat 615.268.8632

Aerobics \$5.00/class

Fridays 6:00pm

Buechel United Methodist Church 2817 Hikes Lane

Patrice Fife

502.386.5589

Yoga \$4.00/class

Saturdays 11a-12:15p Jan 5th- Feb 4th

Rivers Edge Yoga Studio 1772 Bardstown Road

2013 Fitness Class Schedule

Julie Keel
Mats Provided
615.268.8632

Aerobics \$4.00

2nd Saturday of each month 10:30am Starts Jan 12th
Praise Covenant Church 3107 Crums Ln.
Patrice Fife
502.386.5589

You can also find the MHHM fitness calendar at this link: [online calendar](#)



Metro Parks Fitness Classes

Fees vary for each fitness class, contact the Metro Parks Community Centers for pricing.

[Online class schedule](#)



Adapted Leisure 456-8148

Adults

Healthy Lifestyle 1pm – 2pm Mondays

Mary T Meagher Aquatic Center– 897-9949

[Online class schedule](#)

Seniors

Therapy Pool 8am – 8pm Mon, Wed, Fri *Must have consent from Doctor on file
Silver Sneakers 10am -11am Mondays (muscular Strength/range of motion) in Aerobics Room
Silver Sneakers 10am -11am Tues, Thurs (muscular Strength/range of motion) in Aerobics Room

Adults

Aqua Exercise – in water

Deep Water Class 7am – 8am Mon, Wed, Fri
Intro to Deep Water/Deep Water 8am – 9am Mon, Wed
Aqua Exercise 8am – 9am
Cardiac Class 9am -10am Mon, Wed
Aqua Exercise 9am – 10am
Aqua Exercise 10am – 11am
Aqua Exercise 11am – Noon
Aqua Exercise 5:30pm – 6:30pm Mon, Wed
Aqua Exercise 6:30pm – 7:30pm Mon, Wed
M.S. And Related Conditions 7am – 8am Tues, Thurs
Aqua Exercise 8am – 9am Tues, Thurs
Aqua Splash 9am – 10am Tuesdays

2013 Fitness Class Schedule

Pre/Post Natal Class 9am – 10am Thursdays
Aqua Exercise 9am – 10am Tues, Thurs
Aqua Exercise 10am – 11am Tues, Thurs
Deep Water Class 10am – 11am Thursdays
Aqua Splash 2:30pm -3:30pm Thursdays
Deep Water 11am – Noon Saturdays
Aqua Exercise Noon – 1pm Saturdays

Weight Room – on site

Baxter Community Center

No Classes

Beechmont – 361-5484

Seniors

Senior Fitness 9:30am – 10:30am Mon, Wed, Fri

Adults

Yoga 7pm – 8pm Tues and Thurs

Zumba 6p – 7pm Thursday

Women's Weight Training 6pm – 7pm Mon, Wed, Fri

World Wide Workout 6pm – 7pm Mon, Wed

Weight Room - on site

Youth

Teen Weight Training 3:30pm – 4:30 pm Mon, Wed, Fri

California – 574-2658

Seniors

Silver Sneakers 10:30am – 11:30am Tues, Thursday

Weight Room – on site

Cyril Allgeier – 456-3261

Adults

Adult Aerobics 6pm – 7pm Tues, Thurs

Douglass – 456-8120

Seniors

Silver Sneakers 10:30am – 11:30am Tues, Thurs

Adult

Transformation Bootcamp 6pm & 7pm Mon, Wed 6pm & 7pm

Family

Fun Family Fitness 4:30pm – 5:30pm Tuesdays Age 6 & Up

2013 Fitness Class Schedule

Flaget Senior Center – 574-2831 or 574-2646

Seniors

Silver Sneakers 10am – 11am Tuesday and Thursday

Silver Sneakers 10am – 11am Monday and Wednesday

Weight room open – on site

Monday – Friday

9:00 a.m. – 4:30 p.m.

Walking Track

7 days a week

Dawn – Dusk

Corn toss

Thursdays

11:15 a.m. – 12:15 p.m.

Dance Class

Mondays - June 25 and July 30

11:30 a.m. – 1:00 p.m.

Newburg – 456-8122

Adults

Zumba – 6pm – 7pm Tues. and Thurs *Rental

Weight Room - on site

Parkhill

No Classes

Weight Room – on site

Portland

No Classes

Weight Room - on site

Senior Services – 574-2831 or 574-2646

Seniors

50 and Over Games - May 2013

The games are friendly competition of 16 different events. Events are, 5K and 10K road races, singles and doubles racquetball, cycling, golf, tennis, table tennis, spot shot, basketball, track and field events, race walk, bowling, corn hole, horseshoes, shuffleboard, and billiards. Sites include, The University of Louisville, AMF bowling lanes, Billiards Club of Louisville, various Metro Parks sites. Top two finishers in each age division at each competition get to attend the Awards banquet held this year at the Fern Valley Hotel and Conference Center.

2013 Fitness Class Schedule

Shawnee Arts & Cultural Center – 775-5268

Beginning Ballet – Mons. & Weds. 5:00 – 6:00
Soul Line Dance – Thur. – 6:00 – 7:30
Tai Chi – Tues. & Thurs. – 10:00am – 11:00am
Karate – Tues. & Thurs. – 5:00pm – 6:00pm & 6:00pm – 7:30pm
Zumba – Sats. – 10:00am – 11:00am
Weight Room – Mons. – Thurs. – 9:00am – 7:00pm; Fri. 9:00am – 3:00pm; Sat. 9:00am – 2:00pm
Hip-Hop Dance – TBA
Louisville Metro Senior Nutrition Program – Mon. – Fri. 11:00am – 1:00pm

Shelby Park

No Classes

South Louisville 574-3206

Seniors

Senior Body Shaping 10am – 11am Tues, Fri, Sat

Adults

Body Bar Aerobics 6pm – 7pm Tuesdays
Line Dancing 6pm – 7pm Mondays
Weight Room – on site

Southwick – 775-6598

Adults

Zumba 6pm – 7pm Mon, Wed
Weight Room – on site

Sun Valley – 937-8802

Seniors

Forever Fit 1:30pm – 2:30pm Tues, Thursday (KIPDA)
Silver Sneakers 10:30am Mondays, 9:30am Wednesdays
Stretching Toning Seniors 10:30am Tues, Thurs
Tai Chi 9:30am Mondays/ 10:30am Wednesdays (KIPDA)

Adults

Cardio Kick/Ripped 7:30pm – 8:30pm Wednesdays
Line Dancing 6:00pm – 7:00pm Thursdays
Tae Kwon Do 6:30pm – 7:30pm Thursdays
Tai Chi 6:30pm Tuesdays
Women's Weight Training 6pm Wednesdays
Yoga 6:30pm Tuesdays/ 3pm Wednesdays
Zumba 5:30pm Tuesdays/7:30pm Thursdays

2013 Fitness Class Schedule

Weight Room –on site

Bobby Wilson/Tammy Bredholt Silver Sneakers Instructors

Youth

Youth Kung Fu 7:00pm – 8:00pm Wednesday

Wilderness Road Senior Center – 964-5151

Seniors

Exercise Club 9am – 9:30am Friday

Swim club 8am – 11:30am Monday and Wednesday

Corn toss 10am – 11am Monday and Tuesday