FitZone Class Schedule

Updated for Nov & Dec 2026

Monday

- 6:30-7:30am, **LES MILLS BODY PUMP** - Suzanne, Mt Elbert
- 6-6:45 am, **BOOT CAMP** - Helene, South Gym
- 7-7:45 am, **BOOT CAMP** - Helene, South Gym
- 7:45-8:45 am, **BARRE HYBRID** - Anastasia, Mt Elbert, *Meeting ID: 885 2291 6457* *https://us02web.zoom.us/j/88522916457*
- 8-8:45 am, **TRX** - Helene, South Gym
- 8-8:45 am, **POWER BEATS HYBRID -** Shelley, Grays Studio, *Meeting ID: 832 0296 7668* *https://us02web.zoom.us/j/83202967668*
- 9-10 am, **ZONE TONE** - Felicia, Mt Elbert
- 9-10 am, **ZUMBA GOLD HYBRID - Anastasia**, Grays Studio, *Meeting ID: 894 2226 1112* *https://us02web.zoom.us/j/89422261112*
- 10-10:30 am, **FITNESS LINE DANCING FOR BEGINNERS -** Felicia, Grays Studio
- 10:15-11:15 am, **LABLAST DANCE FITNESS** - Sita, Mt Elbert
- 10:45-11:45 am, **SILVERSNEAKERS CLASSIC** - Terry, Grays Studio
- 12-12:45 am, **EXPRESS CYCLE** - Felicia, Cycle Studio
- 12-1 pm, **LUNCH CRUNCH** - Helene, Mt Elbert
- 12-1 pm, **GENTLE FLOW TO RESTORE HYBRID -** Mel G., Mt Elbert, *Meeting ID: 896 3799 4206* *https://us02web.zoom.us/j/89637994206*
- 1:15-2:15 pm, **MOVE IT! IMPROVE IT! FOR MOVEMENT DISORDERS**- Nancy, Mt Elbert
- 1:30-2:30 pm, **SILVERSNEAKERS YOGA**- Terry, Grays Studio
- 4:15-5:15 pm, **YOGA STRONG HYBRID -** Becky, *Meeting ID: 856 9240 5375* *https://us02web.zoom.us/j/85692405375*
- 5:30-6:30 pm, **STEP** - Christine, Mt. Elbert
- 5:30-6:30 pm, **HIIT -** Melissa, Grays Studio
- 6:45-7:45 pm, **GENTLE YOGA HYBRID -** Becky, Mt Elbert, *Meeting ID: 875 2492 7943* *https://us02web.zoom.us/j/87524927943*

Tuesday

- 6-7 am, **THRESHOLD CYCLING** - Gregg, Cycle studio
- 6:30-7:15am, **LES MILLS BODY PUMP HEAVY** – Meagan, Mt Elbert
- 7:15-8 am, **POWER INTERVAL CYCLE** - Burt, Cycle studio
- 7:45-8:45 am, **CARDIO SCULPT** - Joy, Grays Studio
- 8-9:15 am, **KICKBOXING & CORE** - Helene, Mt Elbert
- 9-10 am, **BUILDING STRENGTH & FLEXIBILITY** - Donna, Grays Studio
- 9:30-10:30 am, **LES MILLS BODY PUMP** -Tori, Mt Elbert
- 10-10:30 am, **ULTIMATE CORE** - Helene, Grays studio
- 10:45-11:45 am, **CARDIOFIT** - Donna, Grays studio
- 10:45-11:45 am, **GENTLE YOGA** - Ronda, Mt Elbert
- 11-11:45 am, **PEDALING FOR PARKINSONS** – Becky, Cycle Studio
- 11:15-11:45 am, **ZUMBA GOLD CHAIR** – Laura, Crown/Imperial
- 12-1 pm **ZONETONE** - Ronda, Grays Studio
- 12-1 pm, **YINYOGA**- Deb, Mt Elbert
- 1:15-2:15 pm, **ZUMBA+LIFT** – Laura, Mt Elbert
- 2:30-3:30 pm, **LES MILLS BODY PUMP** -Tori, Mt Elbert
- 2:45-3:45 pm, **BALANCE & STABILITY HYBRID -** Tracy, Grays Studio, *Meeting ID: 833 4804 4503* *https://us02web.zoom.us/j/83348044503*
- 4:15-5:15 pm, **NIA HYBRID -** Tracy, Mt Elbert, *Meeting ID: 844 5596 2438* *https://us02web.zoom.us/j/84455962438*
- 4:15-5 pm, **TRX** - Anastasia, South Gym
- 4:15-5:15 pm, **POWER YOGA HYBRID –** Katy, Grays Studio, *Meeting ID: 878 2933 9238* *https://us02web.zoom.us/j/87829339238*
- 5:15-6:15 pm, **CYCLE** – Anastasia, Cycle studio
- 5:45-6:45 pm, **LES MILLS BODY PUMP** – Nicole, Mt Elbert
- 6:30-7:30 pm, **PILATES MAT HYBRID -** Anastasia, Grays Studio, Meeting *ID: 884 0616 4531* *https://us02web.zoom.us/j/88406164531*
- 7-8 pm, **LATIN DANCE FITNESS** – Fiona, Mt Elbert ***Last class 12/15***

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Wednesday

- 6-6:45 am, **BOOT CAMP** - Helene, S Gym
- 6:30-7:30 am, **LES MILLS BODY PUMP** – Tori, Mt Elbert
- 7-7:45 am, **BOOT CAMP** – Helene, S Gym
- 7:45-8:45 am, **BARRE HYBRID -** Anastasia, Mt Elbert, *Meeting ID: 885 2291 6457* *https://us02web.zoom.us/j/88522916457*
- 9-10 am, **ZONETONE –** Felicia, Mt Elbert
- 9-10 am, **ZUMBA HYBRID -** Joy, Grays Studio, *Meeting ID: 861 5056 7609* *https://us02web.zoom.us/j/86150567609*
- 10-10:30 am, **FITNESS LINE DANCING FOR BEGINNERS** - Felicia, Mt Elbert
- 10:15-11:30am, **BALANCE, STABILITY & HYBRID -** Anastasia, Grays Studio *Meeting ID: 845 3203 5336* *https://us02web.zoom.us/j/84532035336*
- **STRETCH HYBRID -** Anastasia, Grays Studio *Meeting ID: 845 3203 5336* *https://us02web.zoom.us/j/84532035336*
- 10:45 -11:45 am, **SILVERSNEAKERS CLASSIC** – Terry, Mt Elbert
- 11:45-12:45 pm, **THERAPEUTIC INTERMEDIATE YOGA** – Deb, Grays studio
- 12-12:45 pm, **EXPRESS CYCLE** – Felicia, Cycle studio
- 12-1 pm, **LUNCH CRUNCH** - Helene, Mt Elbert
- 1:30-2:30 pm, **SENIOR BARRE**- Terry, Grays Studio
- 4:15-5:15 pm, **VINYASA YOGA** - Gena, Mt Elbert
- 5:30-6:30 pm, **LES MILLS BODY PUMP** – Suzanne, Mt Elbert
- 4:30-5:45 pm, **CYCLE YOGA** – Becky, Cycle studio & Grays studio
- 6:45-7:45 pm, **HIP HOP** – Joy, Mt Elbert

Thursday

- 6-7 am, **THRESHOLD CYCLING** – Gregg, Cycle studio
- 6:30-7:15 am, **LES MILLS BODY PUMP** – Meagan, Mt Elbert
- 7:15-8 am, **POWER INTERVAL CYCLE** – Burt, Cycle studio
- 7:45-8:45 am, **CARDIO SCULPT** – Joy, Grays studio
- 8-8:50 am, **KICKBOXING** – Helene, Mt Elbert
- 9-10 am, **CARDIOFIT** – Donna, Mt Elbert
- 9-10 am, **LABLAST DANCE FITNESS** – Sita, Grays Studio
- 9-9:45 am, **TRX** – Helene, South Gym
- 10-10:30 am, **ULTIMATE CORE** – Helene, Grays studio
- 10:15-11:15 am, **BARRE** – Suzanne, Mt Elbert
- 10:45-11:45 am, **GENTLE YOGA** – Ronda, Grays studio
- 11:15-11:45 am, **ZUMBA GOLD CHAIR** – Laura, Crown/Imperial
- 12-1 pm, **ZONETONE** – Ronda, Grays Studio
- 12-1 pm, **PILATES MAT HYBRID -** Anastasia, Mt Elbert*, Meeting ID: 850 9307 8779* *https://us02web.zoom.us/j/85093078779*
- 1:15-2:15 pm, **MOVE IT! IMPROVE IT! FOR MOVEMENT DISORDERS** - Nancy Mt. Elbert
- 4:15-5 pm, **TRX** - AJ, South Gym
- 4:30-5:15 pm, **SKI PREP** - Anastasia, Mt Elbert ***Last class 12/17***
- 5:30-6:20 pm, **POWER CYCLE** – Rich, Cycle studio
- 5:30-6:30 pm, **VINYASA YOGA HYBRID -** Alyx, Grays Studio, *Meeting ID: 823 1785 2247* *https://us02web.zoom.us/j/82317852247*
- 5:45-6:45 pm, **LES MILLS BODY PUMP HEAVY** – Nicole, Mt Elbert
- 7-8 pm, **RESTORATIVE YOGA HYBRID -** Peryl, Grays Studio *Meeting ID: 889 2937 4679* *https://us02web.zoom.us/j/88929374679*

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Friday

- 5:30-6:30am, **EARLY BIRD YOGA -** Becky, Mt Elbert, *Meeting ID: 858 4835 0684* https://us02web.zoom.us/j/85848350684
- 6-6:45 am, **BOOT CAMP** – Helene, S Gym
- 7-7:45 am, **BOOT CAMP** – Helene, S Gym
- 7:15-8:15 am, **LATIN DANCE FITNESS** – Fiona, Grays Studio ***Last class 12/18***
- 8-9 am, **LES MILLS BODY PUMP** – Lara, Mt Elbert
- 9:15-10:15 am, **LES MILLS BODY PUMP** – Suzanne, Mt Elbert
- 9:15-10:15 **SILVERSNEAKERS CIRCUIT HYBRID -**Terry, Grays Studio *Meeting ID: 852 5812 1885* *https://us02web.zoom.us/j/85258121885*
- 10:45-11:45 am, **ZUMBA GOLD** – Anastasia, Mt Elbert
- 10:45-11:45 am **GENTLE FLOW TO RESTORE**, Mel G, Grays studio
- 12-1 pm, **STRENGTH & STRETCH HYBRID -** Joy, Grays studio, *Meeting ID: 824 6166 8263* *https://us02web.zoom.us/j/82461668263*
- 12-1 pm, **HEALTHY BACK YOGA** – Deb, Mt Elbert
- 5:30-6:30 pm, **YOGA HYBRID -** Peryl, Mt Elbert, *Meeting ID: 823 1643 2956* *https://us02web.zoom.us/j/82316432956*

Saturday

- 7:15-8:15am, **CYCLE** – Becky, Cycle studio ***Last class 4/24***
- 8:15-9:15 am, **STEP** – Christine, Mt Elbert
- 8:30-9:15 am, **EXPRESS CYCLE** – Shelley, Cycle studio
- 9-10 am, **NIA HYBRID -** Tracy, Grays Studio, *Meeting ID: 843 4966 3006* *https://us02web.zoom.us/j/84349663006*
- 9:45-10:45 am, **POWER YOGA HYBRID –** Peryl, Mt Elbert*, Meeting ID: 851 6547 0420* *https://us02web.zoom.us/j/85165470420*
- 10:30-11:30 am, **CARDIO DRUMMING**, Tracy, Grays Studio
- 11:15-12:15 pm, **LES MILLS BODY PUMP**, Various, Mt Elbert
- 3:45-4:45 pm, **VINYASA YOGA HYBRID -** Becky, Mt Elbert, *Meeting ID: 893 9082 8584* *https://us02web.zoom.us/j/89390828584*

Sunday

- 7:15-8 am, **LES MILLS BODY PUMP HEAVY** – Nicole, Mt Elbert
- 8:15-9:15 am, **LES MILLS BODY PUMP** – Melissa, Mt Elbert
- 9:30-10:30 am, **LES MILLS BODY PUMP** – Nicole, Mt Elbert
- 9:30-10:30 am, **VINYASA YOGA** – Judi, Grays studio
- 10:45-11:45 am, **NIA HYBRID -** Jill, Mt Elbert, *Meeting ID: 896 6746 1062* *https://us02web.zoom.us/j/89667461062*
- 3:30-4:30 pm, **ZUMBA** – Joy, Mt Elbert
- 4:30-4:45 pm, **QUICK STRETCH** – Joy, Mt Elbert

City of Louisville
Recreation & Senior Center