



2400 Lime Kiln Lane, #G  
Louisville, KY 40222  
(502) 244-4019

All Classes are \$5 per person

You do not have to be a member of the gym to participate

## Yoga Classes

- Tuesday & Thursday Nights
  - 8:15 PM – 9:15 PM
- Wednesday & Friday Afternoons
  - 1:15 PM – 2:15 PM

## Cardio Fitness Boot Camp

- Saturday Mornings during the Summer, Weather Permitting
  - 10:15 AM – 11:00 AM

