



DOWNTOWN FAMILY YMCA

June 5th - June 11th

555 South 2nd Street
Louisville
Louisville, KY 40202
(502) 587 6700

	FRI 5	SAT 6	SUN 7	MON 8	TUE 9	WED 10	THU 11
6am					Cycle 3rd Floor Cycle Studio Lu Lomazzi 6am - 6:45am		
12pm					Cycle 3rd Floor Cycle Studio Kathy Mieczkowski 12pm - 12:45pm	Les Mills BODYPUMP Express Ground Floor Roxanne Kimbell 12pm - 12:45pm	Cycle 3rd Floor Cycle Studio Andrea Thomas 12pm - 12:45pm
5pm				Les Mills BODYPUMP Ground Floor Kathy Mieczkowski 5:30pm - 6:30pm		Cycle 3rd Floor Cycle Studio Tracye Church 5:30pm - 6:15pm	Cycle 3rd Floor Cycle Studio Kathy Mieczkowski 5:30pm - 6:15pm
						Cycle 3rd Floor Cycle Studio Tracye Church 5:30pm - 7pm	
6pm				Yoga 3rd Floor Studio 1 Jen Toepfer 6pm - 7pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.