

Sun Valley Community Center Exercise Class Schedule

Mondays

9:15 a.m. Tai Chi
10:30 a.m. Silver Sneakers-Classic
9 a.m.-12:45 p.m. Fitness Room Open

Tuesdays

10:30 a.m. Silver Sneakers - Classic
1 p.m. Forever Fit Senior Exercises
(complete workout: cardio,
toning, fat burn)
2:30 p.m. Pickleball
6:30 p.m. Zumba
5:15 p.m. Yoga
9 a.m.-8 p.m. Fitness Room Open

Wednesdays

9:30 a.m. Silver Sneakers - Classic
10:30 a.m. Tai Chi
12:15 p.m. Arthritis Class
3 p.m. Yoga
6 p.m. Karate (4 years and older)
7 p.m. Kung Fu (12 years and older)
9 a.m.- 8 p.m. Fitness Room Open

Thursdays

10:30 a.m. Silver Sneakers - Classic
1 p.m. Forever Fit Senior Exercises
(complete workout: cardio,
toning, fat burn)
2:30 p.m. Pickleball
6 p.m. Karate (4 years and older)
6:30 p.m. Zumba
7:30 p.m. Kickboxing
9 a.m.- 8 p.m. Fitness Room Open

Fridays

12:15 p.m. Arthritis Class
9 a.m.-5:45 p.m. Fitness Room

Saturdays

9 a.m.-12:45 p.m. Fitness Room



Classes are \$10/month per participant for one class or \$15/month for two. Everyone who participates must fill out a registration form.

A weight room is also available at the center for unsupervised gym time.

Silver Sneakers classes are free for Silver Sneakers members. If you are not a member they are \$10/month for one class or \$15/month for two.

Sun Valley Community Center

6505 Bethany Ln • 40272

502/937-8802

It is the intent of Louisville Metro Parks and Recreation to make all programs and facilities accessible to individuals with disabilities. If an accommodation is necessary for your participation, please advise us of the needed service in advance.



METRO PARKS AND RECREATION

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