



*(facilities open to the public)*

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## CrossFit the Ville

721 E. Main Street, 40202 / 502-235-4545

<https://crossfittheville.wordpress.com>

- Hours of Operation: (open gym) Monday-Friday, 7AM-9:30AM; 1PM-4PM; 7PM-8PM; Saturday 11AM-1PM; *(classes scheduled at times in between open gym).*
- Membership Fee: open gym \$45/month (single), \$65/month (couple), \$99 boot camp, CrossFit classes \$125/month (single), \$225/month (couple), individual class fees: \$15/class (members), \$20/class (non-members)
- Equipment: barbells, dumbbells, rowers, kettle bells, wall balls, rings, pull-up bars, and more
- Services: CrossFit classes, boot camp classes, personal training, and massage

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## Glassworks Fitness

815 W. Market Street, 40202 / 502-992-3200

[www.glassworksfitness.com](http://www.glassworksfitness.com)

- Hours of Operation: Monday-Friday, 8AM-5PM; (key card access only Monday-Friday 6AM-8AM; 5PM-8PM; Saturday-Sunday 8AM-2PM)
- Membership Fee: Monthly Basic Access \$39 *(Annual Membership-Billed Monthly)* or \$45 *(Monthly Membership-Billed Monthly)*, see website for additional training program fees
- Equipment: N/A
- Services: adult fitness and strength training programs, TRX boot camp, group cycle, metabolic conditioning, foundations of movement program, and more.

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## Wel at Humana

522 W. Main Street, 40202 / 502-580-9354

[www.welathumana.com](http://www.welathumana.com)

- Hours of Operation: Monday-Friday, 5:30AM-10PM; Saturday, 8AM-6PM; Sunday, 10AM-6PM
- Enrollment fee: \$50 Community Membership; \$100 Community Family; \$0 Senior; \$35 Senior Couple
- Membership Fee: \$25/month Community Membership; \$45/month Community Family; \$20 Senior; \$35/month Senior Couple
- Membership Eligibility: Any individual 16 years of age and older
- Equipment: Treadmills, elliptical crosstrainers, rowing machines, upright and recumbent stationary bikes, stair-stepping machines, full line of selectorized strength training machines, free weights including flat/incline/decline benches, dumbbells, power rack, smith press machine, and more.
- Services: EXOS management and certified trainers, fully appointed locker rooms and towel service, spacious fitness facilities, outdoor and indoor turf areas, Spin studio, yoga, pilates, meditation, massage therapy, steam room, sauna, recovery room, nutrition consultation, personalized fitness coaching and more.



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## YMCA-Chestnut Street

930 W. Chestnut Street, 40203 / 502-587-7405

[www.ymcalouisville.org/chestnut](http://www.ymcalouisville.org/chestnut)

Hours of Operation:	Monday-Friday, 6:30AM-9PM; Saturday 9AM-8PM; Sunday 9AM-6PM
Enrollment fee:	\$25 (youth); \$45 (adult); \$65 (family); \$45 (senior)
Membership Fee:	\$31/month (youth); \$43/month (adult); \$71/month (family); \$39/month (senior) <i>Membership includes access to YMCA located at 17th &amp; Chestnut when it opens in October, 2019.</i>
Equipment:	Gymnasium and basketball courts, Precor EFX ellipticals, startrac treadmills, Octane seated ellipticals, recumbent cycles, free weights up to 100 pounds, matrix treadmills, Precor AMTs, cybex VR1 strength equipment, plus much more.
Services:	Wellness center, group access and aqua fitness classes, youth fitness fundamentals, child care while you work out, special family events and activities, fitness coaching, health and nutrition programs, financial assistance for membership and programs, child development center.

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## YMCA-Downtown

555 S. Second Street, 40202 / 502-587-6700

[www.ymcalouisville.org](http://www.ymcalouisville.org)

Hours of Operation:	Monday-Thursday, 5AM-10PM; Friday, 5AM-8PM; Saturday-Sunday, 7AM-7PM
Enrollment fee:	\$30 (youth); \$55 (adult); \$80 (family); \$55 (senior)
Membership Fee:	\$41/month (youth); \$57/month (adult); \$95/month (family); \$52/month (senior) <i>Membership includes access to all YMCA Metro Louisville locations.</i>
Equipment:	Full size gymnasium, 1/20-mile indoor padded walking/running track, 25 yard indoor heated pool, 35-ft. climbing wall, six handball/raquetball courts, three aerobics studios, two fully equipped free weight floors, three full circuits of resistance equipment, elliptical force cross trainers, exercise bikes, rowing machines, stair climbers, treadmills, 2,300 sq. ft. women's only wellness center, plus much more.
Services:	Personal/group training center, private beginning exercise room, swim classes, laundry service, locker rental, nutrition consultation, child watch service (6 months to 12 years), plus much more...