

Fitness Facilities

(facilities open to the public)

Humana Health & Fitness Center-Corporate

500 W. Main Street / 502-580-1300

www.humanafitness.com

Hours of Operation: Monday-Friday, 6 a.m.-8 p.m.

Enrollment fee: \$50

Membership Fee: \$35/month for non-Humana employees

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: Personalized exercise programs, fitness evaluations, fitness incentives, group exercise classes, recreation programs including raquetball, walleyball, and squash leagues/tournaments, educational presentations/seminars, personal training program, massage therapy, locker rooms, steam room, sauna, whirlpool, private showers, daily use tall locker service, and more.

Humana Health & Fitness Center-Clock Tower

123 E. Main Street / 502-580-7766

www.humanafitness.com

Hours of Operation: Monday-Thursday, 6 a.m.-7:30 p.m.; Friday, 6 a.m.-7 p.m.; Saturday 8 a.m.-12 p.m.

Enrollment fee: \$35

Membership Fee: \$33/month for non-Humana employees

Membership Eligibility: Any individual 18 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, total body crosstrainers, arctrainers, free weights including flat/incline/decline benches, dumbbells, curl bars, smith press machine and more.

Services: Personalized exercise programs, fitness assessments/incentives, group exercise classes, educational presentations/seminars, wellness programs, locker rooms, private showers, daily use tall locker service, and more.

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YMCA-Downtown Branch

555 S. Second Street / 502-587-6700

www.ymcalouisville.org

Hours of Operation: Monday-Thursday, 5 a.m.-10 p.m.; Friday, 5 a.m.-8 p.m.; Saturday, 6 a.m.-7 p.m.; Sunday 9 a.m.-7 p.m.

Enrollment fee: \$30 (youth); \$55 (adult); \$80 (family); \$55 (senior)

Membership Fee: \$32/month (youth); \$52/month (adult); \$80/month (family); \$47/month (senior)

Membership includes access to all Metro Louisville locations.

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, women's only wellness center, plus much more...

Services: personal/group training center, private beginning exercise room, swim classes, nutrition consultation, child watch service (6 months to 12 years), plus much more...