

Norton Sports Health Performance & Wellness Center

2024 programs and pricing

Norton Healthcare employees/household members

CLASS MEMBERSHIPS

SPORTready Unlimited

Unlimited SPORTready classes..... \$65 per month

LIFeready Unlimited

Unlimited LIFeready classes, yoga and open gym access..... \$65 per month

SENIOR LIFeready Unlimited

Unlimited LIFeready classes, yoga and open gym access..... \$65 per month

LIFeready Yoga Unlimited

Unlimited yoga classes and open gym access..... \$55 per month

OPEN GYM MEMBERSHIPS

Norton Healthcare employee..... \$25 per month

Norton Healthcare employee additional household members \$15 per month
per additional member

Trial offer!

Try our SPORTready, LIFeready or Senior LIFeready programs for two weeks for \$25! Attend classes, talk to performance specialists and check out the facility.

All of our memberships require a 30-day cancellation notice, communicated via email, phone call or in person at the front desk.

New memberships include a free 15-minute nutrition discovery meeting with the performance dietitian.

Norton Sports Health Performance & Wellness Center now offers performance nutrition services. For your first free 15-minute discovery consultation, email NSHPWC@nortonhealthcare.org.

Gift cards are available for purchase at the front desk.

Contact us

9451 Westport Road
Louisville, KY 40241

Email: NSHPWC@nortonhealthcare.org

Phone: (502) 409-8888



NORTON
SPORTS HEALTH
Performance & Wellness Center

Norton Sports Health Performance & Wellness Center

2024 programs and descriptions

SPORTready

Regardless of your sport or skill level, SPORTready classes offer programming to enhance your athletic skills and abilities. Coach-led classes teach and demonstrate consistent training principles, form and technique. Our SPORTready classes are specific to youth athletes, grades three through 12.

Performance: Improve performance through physical development, and commit to optimizing injury prevention and daily performance through strength-based exercises.

Speed: This class works on improving linear speed, acceleration and max velocity as well as change of direction mechanics.

LIFEReady

Become ready to tackle any fitness goal in your life with our one-hour, coach-led fitness classes for adults.

Athlete: This class combines strength training and interval-based aerobic conditioning using dumbbells, kettlebells, bodyweight training, spin bikes, rowers, fan bikes, treadmills and sleds.

Hybrid: This class is focused on strength and includes smaller blocks of interval-based conditioning to aid in recovery between strength sets.

Senior LIFEReady

This coach-led class focuses on increasing range of movement and strengthening muscles for daily life activities for ages 65 and older.

Classic: Participants will use handheld weights, elastic tubing with handles and an exercise ball.

Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Circuit offers standing, low-impact moves that alternate with standing upper-body strength exercises. The class can be adapted for all fitness levels.

Yoga: Your instructor will guide you through structured routines to improve posture and joint mobility and enhance your overall feeling of well-being, for ages 65 and up.

LIFEReady Yoga

Power vinyasa yoga style class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. Your instructor will guide you through structured routines to improve posture and joint mobility and enhance your overall feeling of well-being.

RETURNready

Ready to return to the field, court or track and feel 100% again post-injury? RETURNready offers individualized programming to bridge the gap between physical therapy and full activity. Be guided through a customized program following assessment, based on your recovery timeline and needs to help you decrease risk of re-injury and return ready with confidence.

Open gym

Work out at your own pace in our designated gym area. Open gym is available for members ages 18 and older.