

Fitness Classes

Fun & Customizable Whole Body Health



No matter your age, ability, or fitness level, you will be sure to find a way to make this class your own. Modifications and progressions will always be offered to meet you where you are and make you feel comfortable in your own body. This class is all about celebrating the amazing things our bodies can do, no matter what that looks like for you! All you need is a body and a willingness to move. Bonus points for smiles and virtual high fives!

Incorporating physical strength, fun, and an intention setting and gratitude practice each class is the perfect recipe for success for anyone who is looking to achieve life-long wellness.

We currently offer one weekly fitness class: Get Moving with Gray. We welcome you to learn about this weekly practice, meet our instructors, and join our community!



Meet Our Instructor

Gray Lee

"I think one of the best ways you can love your current and future self at the same time is by gifting yourself some form of movement every single day."

Sign-Up Today!

- ✓ Get Moving with Gray
Every Wednesday, 10:00 am - 11:00 am
- ✓ Class Price: \$5 per class session
- ✓ Held Virtually
Have questions about technology? Contact us!
- ✓ Register at:
www.tragerinstitute.org/fitness



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502-588-4340 | www.TragerInstitute.org



Call 502-588-4340 or visit www.tragerinstitute.org/fitness to register for an upcoming fitness class