

PERSONAL TRAINING DEPARTMENT

LOUISVILLE ATHLETIC CLUB, CLARKSVILLE

River Falls Center - 951 E. Lewis & Clark Parkway

Clarksville, IN 47129 - (812) 284-4900

EFFECTIVE SEPTEMBER 12, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>645 - 715 AM</p> <p>ELISE</p>	<p>1015 - 1045 AM</p> <p>LISA</p>	<p>645 - 715 AM</p> <p>ELISE</p>	<p>1015 - 1045 AM</p> <p>LISA</p>			
<p>645 - 715 PM</p> <p>MARK</p>	<p>6 - 7 PM</p> <p>ELISE</p>		<p>6 - 7 PM</p> <p>ELISE</p>			

Jeff Lee, Personal Training Director

Contact: jlee@athleticclubs.org

*ALL Functional Training are paid sessions and subject to change.

** Take any class within our open schedule

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Louisville Athletic Club Clarksville

Certified Personal Trainers

Lisa Freiburger
Mark Lewis
Elise LaGrange

Mindy Smith
Dixie Oxford
Devon Timberlake

www.athleticclubs.org