








**FALL**  
**2014**  
effective 10.01.14

# **GROUP FITNESS SCHEDULE**

**LOUISVILLE ATHLETIC CLUB | CLARKSVILLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a  <b>SPINNING</b> <b>AMANDA</b>	5:45a  <b>POWER</b> <b>MINDY EXPRESS</b> (50)	5:30a  <b>SPINNING</b> <b>WENDY</b>	5:45a  <b>POWER</b> <b>MINDY EXPRESS</b> (50)	5:30a  <b>SPINNING</b> <b>WENDY</b>	8:05a  <b>SPINNING</b> (50) <b>DIXIE</b>	
					8:00a  <b>PIYO</b> <b>MEREDITH</b>	
9:00a  <b>POWER</b> <b>MARY ANN</b>	9:00a  <b>ZUMBA</b> (50) <b>MARIBEL</b>	9:00a  <b>POWER</b> <b>MARY ANN</b>	9:00a  <b>ZUMBA</b> (50) <b>MINDY</b>	9:00a  <b>POWER</b> <b>MARY ANN</b>	9:05a  <b>POWER</b> <b>DIXIE</b>	
10:10a  <b>SPINNING</b> (50) <b>TAMMY</b>	10:00a  <b>PIYO</b> <b>STACY</b>	10:10a  <b>SPINNING</b> (50) <b>TAMMY</b>	10:00a  <b>PIYO</b> <b>CHIP</b>	10:10a  <b>SPINNING</b> (50) <b>CHIP</b>	10:05a  <b>ZUMBA</b> (50) <b>MARIBEL</b>	9:00a  <b>SPINNING</b> (50) <b>AMBER/KERRI</b>
	11:00a  <b>SPINNING</b> (50) <b>MINDY</b>		11:00a  <b>SPINNING</b> (50) <b>DIXIE/CHIP</b>	10:10a  <b>ZUMBA</b> (50) <b>MARIBEL</b>	11:00a  <b>SPINNING</b> (50) <b>CHRYSTAL</b>	10:00a  <b>MUSCLE FIRE</b> (50) <b>AMBER/KERRI</b>
	12:00p  <b>MUSCLE FIRE</b> (50) <b>MINDY</b>		12:00p  <b>MUSCLE FIRE</b> (50) <b>DIXIE</b>			
4:30p  <b>POWER</b> <b>DIXIE</b>		4:30p  <b>POWER</b> <b>SARAH</b>				
5:30p  <b>TURBO KICK</b> (50) <b>CHIP</b>	5:30p  <b>PIYO</b> <b>ALYSSA</b>	5:30p  <b>TURBO KICK</b> (50) <b>AMANDA</b>	5:30p  <b>INSANITY</b> (50) <b>TYLER</b>	5:30p  <b>ZUMBA</b> (50) <b>MEREDITH</b>		
5:30p  <b>SPINNING</b> (50) <b>DIXIE</b>	5:30p  <b>SPINNING</b> (50) <b>AMANDA</b>	5:30p  <b>SPINNING</b> (50) <b>CHRYSTAL</b>	5:30p  <b>SPINNING</b> (50) <b>ASHLEY</b>			
6:30p  <b>SPINNING</b> (50) <b>AMBER</b>	6:30p  <b>SPINNING</b> (50) <b>AMBER</b>	6:30p  <b>SPINNING</b> (50) <b>AMANDA</b>	6:30p  <b>PIYO</b> <b>ALYSSA</b>			
6:30p  <b>PIYO</b> <b>CHIP</b>	6:30p  <b>ZUMBA</b> (50) <b>MEREDITH</b>	6:30p  <b>INSANITY</b> (50) <b>TYLER</b>				
7:30p  <b>INSANITY</b> (50) <b>TYLER</b>		7:30p  <b>PIYO</b> <b>TYLER</b>				

**PLAYROOM HOURS**

Mon-Thurs 8a-2p  
4-8:30p  
Friday 8a-1p  
4-7p  
Saturday 8a-1p








**CLUB HOURS**

Mon-Thurs 5a-11:30p  
Friday 5a-9p  
Saturday 7a-8p  
Sunday 8a-8p



# GROUP FITNESS CLASS DESCRIPTIONS



	<p><b>#Spinning</b> classes provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.</p> <ul style="list-style-type: none"> <li>• All new participants should see the instructor before class to be properly fit for the bike</li> <li>• All participants are encouraged to bring heart rate monitors.</li> <li>• Due to size of classes, participants will need to sign-up at the front desk and get your <b>TICKET TO RIDE!</b></li> </ul>
	<p><b>#GroupPower</b> is your <b>Hour of Power!</b> Blast all your muscles with this high-rep weight-training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. <b>POWER UP!</b> You'll also notice <i>Group Power EXPRESS</i> on our schedule. Group Power Express uses the same foundation of the traditional hour-long class but is modified to a 50 minute version.</p>
	<p><b>#Zumba</b> is a fitness program that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to work out, to love working out, and to get hooked! <b>DITCH THE WORKOUT AND JOIN THE PARTY!</b></p>
	<p><b>#TurboKick</b> is a cardio kickboxing class choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals and strength/endurance training. <b>PUNCH, KICK, AND BLOCK YOUR WAY IN SHAPE!</b></p>
	<p><b>#MUSCLEFIRE</b> is a total-body workout that focuses on each muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. Performed to motivating music and inspired by any and every sport, incorporates a variety of exercises and equipment to always keep you on your toes and eager to see what's next.</p>
	<p><b>#Insanity</b>– The same mind blowing, home DVD workout in a group class setting is a revolutionary cardio-based total-body conditioning program with modifications based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.</p>
	<p><b>#PiYoLive</b> is a combination of the best Pilates <b>and</b> yoga-inspired moves and cranked up the speed to give you full throttle cardio, strength, and flexibility training—all at once. PiYo packs it ALL into each workout so you can build lean muscle mass—as you're burning crazy calories.</p>



We want your feedback! Scan the QR code or visit: <http://bit.ly/LACGroupFitness> on the web to complete our Group Fitness Survey!



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