

Effective-  
1/14/2019



# Group Fitness Schedule

## Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a  Cycling Tom	5:30a <b>XPOWER</b> Wendy	5:30a  Cycling Erin	5:30a <b>XPOWER</b> Amber Jag	5:30a  Cycling Erin	8:05a <b>XPOWER</b> Erin	
8:00a  Cycling Mindy				8:00a  Cycling Lorna	9:10a  Cycling Erin	
9:00a <b>XPOWER</b> Maribel	9:00a <b>ZUMBA</b> Maribel	9:00a <b>XPOWER</b> Amber Jac	9:00a <b>ZUMBA</b> Maribel	9:00a <b>XPOWER</b> Maribel	9:10a <b>ZUMBA</b> Rotation	9:00a <b>XPOWER</b> Amber Jac/Amber Jag
10:15a YOGA Megan	10:00a Barre Works Amber Jac	10:10a  Cycling Amber Jac	10:05a YOGA Esther	10:10a <b>ZUMBA</b> Maribel	10:05a Barre Works Amber/Meghann	10:10a  Cycling Amber Jac/Amber Jag
	11:20a  Cycling (30) Amber Jac				10:15a  FTP Test Whitney	
	12:00p <b>fire</b> Amber Jac		12:00p <b>fire</b> Megan		<b>1st &amp; 3rd Saturdays</b>	

4:30p <b>XPOWER</b> Erin	5:00p Butts & Guts Lorna	4:30p <b>XPOWER</b> Amber Jag	5:00p <b>SPEEDBALL</b> Colleen
5:35p  Cycling Erin	5:35p  Cycling Scott	5:35p  Cycling Amber Jag	5:35p  Cycling Amber Jag
5:35p Barre Works Amber Jac	5:35p <b>cardio dance</b> Kristy/Lisa	5:35p <b>POUND</b> Kylie	5:35p <b>XPOWER</b> Maribeth
6:35p  Cycling Amber Jac	6:35p  Cycling Lorna		6:35p  Cycling Scott
6:35p <b>REFIT</b> Maranda	6:35p <b>XPOWER</b> Maribeth	6:35p Barre Works Meghann	6:35p YOGA Megan

Club Hours	
Mon-Thurs	5:00 am - 11:30 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 8:00 pm
Sunday	8:00 am - 8:00 pm

Playroom Hours	
Mon-Thurs	8:30 am - 1:00 pm
Friday	4:00 pm - 8:00 pm
Saturday	8:30 am - 1:00 pm
Sunday	8:00 am - 1:00 pm

Group Fitness Director: Amber Jackson | 951 E. Lewis & Clark Pkwy., Clarksville, IN | (812) 284-4900  
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