

Effective-
04/01/2019



Group Fitness Schedule

Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a Cycling Tom	5:30a GROUP XPOWER® Wendy	5:30a Cycling Erin	5:30a GROUP XPOWER® Amber Jag	5:30a Cycling Erin	8:05a GROUP XPOWER® Erin/Amber Jag	
8:00a Cycling Mindy				8:00a Cycling Lorna	9:10a Cycling Erin/Amber Jag	
9:00a GROUP XPOWER® Colleen	9:00a cardio <i>dance</i> Rotation	9:00a GROUP XPOWER® Amber Jac	9:00a cardio <i>dance</i> Maribel	9:00a GROUP XPOWER® Maribel	9:10a cardio <i>dance</i> Mindy	9:00a GROUP XPOWER® Amber Jac/Amber Jag
10:05a YOGA Esther	10:00a Barre Works Amber Jac	10:10a Cycling Amber Jac	10:05a YOGA Megan	10:10a cardio <i>dance</i> 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	10:10a STRONG BY ZUMBA Angela
	12:00p fire Amber Jac		12:00p fire Megan		1st & 3rd Saturdays	

4:30p GROUP XPOWER® Erin	5:00p Butts & Guts Lorna	4:30p GROUP XPOWER® Amber Jag	5:00p RUMBLE THE MAXIMUM EXPLOSION WORKOUT Angela
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 cardio <i>dance</i> Kristy/Lisa	5:35p POUND HOCKEY. WORKOUT. Kylie	5:35p GROUP XPOWER® Jenna
6:35p Cycling Amber Jac	6:35p Cycling Lorna	6:35p Cycling Scott	
6:35p REFIT Maranda	6:35p GROUP XPOWER® Jenna	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 4:00 pm - 8:00 pm
Friday	8:30 am - 1:00 pm
Saturday	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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