

Effective-
08/18/2019



Group Fitness Schedule

Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a Cycling Tom	5:30a XPOWER Wendy	5:30a Cycling Erin	5:30a XPOWER Amber Jag	5:30a Cycling Erin	8:05a XPOWER Erin/Amber Jag	
			8:00a cardio dance Mindy	8:00a Cycling Lorna	9:10a Cycling Erin/Amber Jag	
9:00a XPOWER Colleen	9:00a ZUMBA Audra	9:00a XPOWER Amber Jac		9:00a XPOWER Colleen	9:10a cardio dance Mindy	9:00a XPOWER Amber Jac/Amber Jag
	10:00a Barre Works Amber Jac	10:10a Cycling Amber Jac	10:15a YOGA Megan	10:10a cardio dance Kristy	10:05a Barre Works Amber/Meghann	10:10a Cycling Amber Jac/Amber Jag
	11:20a Cycling (30) Amber Jac		11:30a fire Megan	11:00a YOGA Megan	10:15a FTP Test Whitney	10:10a STRONG Angela
	12:00p fire Amber Jac				1st Sat. of Month	

4:30p XPOWER Erin	5:00p Butts & Guts Lorna	4:30p XPOWER Amber Jag	4:30p STRONG 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 dance Kristy/Lisa	5:35p Barre Works Meghann	5:35p XPOWER Jenna
6:35p Cycling Amber Jac		6:35p Cycling Scott	
6:35p REFIT Maranda	6:35p XPOWER Jenna	6:35p POUND Kylie	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
Email: amber.jcksn@gmail.com | louisvilleathleticclub.com/clarksville