

1/11/2021



# Group Fitness Schedule

Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a  Cycling Mindy	5:30a  XPOWER Amber Jag	5:30a  BLAST Jenna	5:30a  XPOWER Amber Jac	5:30a  Cycling Scott	8:05a  XPOWER Amber Jag	
					9:15a  Cycling Amber Jag	
9:00a  XPOWER Colleen	9:00a  ZUMBA Kelly	9:00a  XPOWER Colleen	9:00a  ZUMBA Kelly	9:00a  XPOWER Colleen	9:15a  cardio dance Maribel	9:00a  XPOWER Amber Jac
10:10a  Crunch & Punch Chrissie	10:10a Barre Works Chrissie	10:10a  Cycling Jordana	10:15a YOGA Megan		10:15a Barre Works Meghann	10:10a  Cycling Amber Jac
	11:30a  fire Chrissie		11:30a  fire Megan		10:15a  FTP Test Whitney <b>1st Sat. of Month</b>	

4:30p  XPOWER Jenna	4:30  BLAST Jenna	4:30p  XPOWER Amber Jag	4:30p  BLAST Amber Jag
5:40p  Cycling Andrea	5:00p  Cycling Andrea (30)	5:40p  Cycling Amber Jag	5:40p  Cycling Amber Jag
5:40p Barre Works Meghann	5:40p  XPOWER Jenna	5:40p Barre Works Amber Jac	5:40p  XPOWER Maribel
6:45p  REFIT Maranda	5:40p  Cycling Scott		6:45p  cardio dance Maribel
	6:45p  ZUMBA Ramey		

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