

6/7/2021



Group Fitness Schedule

Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a Cycling Whitney/Jordana	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	8:10a BLAST Jenna/Amber Jag
9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy	9:15a cardio dance Maribel	9:15a XPOWER Amber Jac
10:10a Crunch & Punch Chrissie	10:10a Barre Works Chrissie	10:10a Cycling Jordana (30min)	10:15a YOGA Megan		10:15a Barre Works Meghann	10:20a Cycling Amber Jac
	11:30a fire Chrissie		11:30a fire Megan		10:15a FTP Test Whitney 1st Sat. of Month	10:20a cardio dance Maribel

4:30p XPOWER Jenna	4:30 BLAST Jenna	4:30p XPOWER Amber Jag	4:30p BLAST Amber Jag	
5:40p Cycling Lorna	5:00p Cycling Lorna (30)	5:40p Cycling Amber Jag	5:40p Cycling Amber Jag	4:30p YOGA Mary
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 YOGA Megan	6:45p cardio dance Maribel	
6:45p Cycling Lorna (30min)	6:45p cardio dance Maribel			

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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