

9/10/2021



Group Fitness Schedule

Louisville Athletic Club | Clarksville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a Cycling Jordana	5:30a XPOWER Amber Jag	5:30a BLAST Jenna	5:30a XPOWER Amber Jac	5:30a Cycling Scott	8:30a Intro to Cycle Jordana (2nd Sat.)	
					8:05a XPOWER 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 Cycling Amber Jag	9:15a XPOWER Amber Jac
10:10a LIFT Chrissie	10:10a Barre Works Chrissie	10:10a Cycling Jordana (30min)	10:15a YOGA Megan		9:15a cardio dance Maribel	10:20a Cycling Amber Jac
	11:30a fire Chrissie		11:30a fire Megan		10:15a Barre Works Meghann	10:20a cardio dance Maribel
					10:15a FTP Test Whitney 1st Sat. of Month	
4:30p XPOWER Jenna	4:30 BLAST Jenna	4:30p XPOWER Amber Jag	4:30p BLAST Amber Jag	4:30p YOGA Mary	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	
5:40p Cycling Lorna	5:00p Cycling Lorna (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 Beth	5:40p Cycling Scott	6:45p YOGA Megan	6:45p cardio dance Maribel			
6:45p Cycling Lorna (30min)	6:45p cardio dance Maribel	6:45p Cycling Savannah (30min)				

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

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