

10/25/2021

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 Cycling Krissy	9:15a Cycling Amber Jag	9:15a XPOWER Amber Jac	10:20a Cycling Amber Jac	10:20a cardio dance Maribel
9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a Cycling Krissy	9:00a Cycling Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy	9:00a Cycling Krissy	9:00a XPOWER Krissy	9:15a Cycling Amber Jag	9:15a XPOWER Amber Jac	10:20a Cycling Amber Jac	10:20a cardio dance Maribel
10:10a LES MILLS Chrissie	10:10a Barre Works Chrissie	10:10a Cycling Jordana (30min)	10:15a YOGA Megan	10:15a Cycling Jordana (30min)	10:15a YOGA Megan	10:15a YOGA Megan	10:15a Cycling Jordana (30min)	10:15a Cycling Jordana (30min)	10:15a YOGA Megan	10:15a Barre Works Meghann	10:15a cardio dance Maribel	10:20a Cycling Amber Jac	10:20a cardio dance Maribel
11:30a fire Chrissie	11:30a fire Chrissie	11:30a fire Chrissie	11:30a fire Megan	11:30a fire Megan	11:30a fire Megan	11:30a fire Megan	11:30a fire Megan	11:30a fire Megan	11:30a fire Megan	10:15a FTP Test Whitney	10:15a FTP Test Whitney	10:20a Cycling Amber Jac	10:20a cardio dance Maribel
1st Sat. of Month													
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													
Friday 4:00 pm - 8:00 pm													
Saturday 8:30 am - 1:00 pm													
Sunday 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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