

2/13/2022

# Group Fitness Schedule

Louisville Athletic Club | Clarksville



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:30a	Cycling Jordana	5:30a	Amber Jag	5:30a	Jenna	5:30a	Amber Jag	5:30a	Scott	8:30a	Intro to Cycle Jordana (2nd Sat.)	8:10a	Jenna/Amber Jag
9:00a	Krissy	9:00a	Kelly	9:00a	Krissy	9:00a	Kelly	9:00a	Krissy	9:15a	Amber Jag	9:15a	Amber Jac
10:10a	Chrissie	10:10a	Barre Works Chrissie	10:10a	Jordana (30min)	10:15a	YOGA Megan	10:10a	Krissy (30min)	9:15a	Maribel	10:20a	Amber Jac
		11:30a	Chrissie			11:30a	Megan			10:15a	Barre Works Meghann	10:20a	Maribel
										10:15a	Whitney		
										<b>1st Sat. of Month</b>			
										<b>Club Hours</b>			
										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	
										<b>Playroom Hours</b>			
										Mon-Thurs		8:30 am - 1:00 pm	
										Friday		4:00 pm - 8:00 pm	
										Saturday		8:30 am - 1:00 pm	
												8:00 am - 1:00 pm	

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