

8/29/22



Group Fitness S

Louisville Athletic Club









Monday	Tuesday	Wednesday	Thursday	Friday
5:30a Cycling Jordana	5:30a XPOWER Amber Jag	5:30a BLAST Jenna	5:30a XPOWER Amber Jac	5:30a Cycling Scott
				6:30 Cycling Jordana
9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy	9:00a ZUMBA Kelly	9:00a XPOWER Krissy
10:10a STRETCH & ROLL Chrissie	10:10a Barre Works Chrissie	10:15a Cycling Jordana (30min)	10:15a YOGA Megan	10:15a Cycling Krissy (30min)
11:15 Cardio Kick & Punch Kate	11:30a fire Chrissie	10:50a <i>Pilates</i> Mary	11:30a fire Megan	

4:30p XPOWER Jenna	4:30 BLAST Jenna	4:35p XPOWER Krissy	4:30p BLAST Amber Jag
5:40p Cycling Lorna	5:00p Cycling Lorna (30)	5:40p Cycling Rebekah	5:40p Cycling Amber Jag
5:40p Barre Works Meghann	5:40p XPOWER Jenna	5:45p Barre Works Amber Jac	5:40p XPOWER Jenna
6:45p REFIT Beth	5:40p Cycling Scott	6:45p YOGA Megan	
6:45p Cycling Lorna (30min)		6:45p Cycling Rebekah (30min)	

Group Fitness Director: Krissy Hall / 951 E. Lewis & Clark Pkwy., Clarksville (812) 284-4900
 Email: Khall@athleticclubs.org

Schedule

Clarksville

Saturday	Sunday
8:30a Intro to Cycle Jordana (2nd Sat.)	
8:05a  POWER Amber Jag	8:10a  BLAST Jenna/Amber Jag
9:20a  Cycling Amber Jag	9:15a  POWER Amber Jac
9:15a  cardio dance Maribel	10:20a  Cycling Amber Jac
10:15a Barre Works Meghann	10:20a  cardio dance Maribel/Kelly
10:15a  FTP Test Whitney	
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 4:00 pm - 8:00 pm
Friday	8:30 am - 1:00 pm
Saturday	8:00 am - 1:00 pm