

GROUP FITNESS CLASSES

GROUP EXERCISE CLASSES							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am	Bootybarre (B) Nancy Cycling (C) Craig 5:30am-6:30am	Boot Camp (A) Shelby 5:30-6:30 am	Power Pump (A) Shay 5:15am-6:15am Cycling (C) Craig 5:30am-6:30am		Power Pump (A) Maxine Cycling (C) Craig 5:30 – 6:30 am		
630am-8am	Hydro Fit-Yadira 8am-9am	♥ Flex and Balance (A) Kris 8am-8:55am Hydro Fit Lovie 8am-9am	Zumba Zenergy (A) Joy 6:30am – 7:30am Yoga (B) Sali 7:45am-8:45am Hydro Fit-Kris 8am-9am	Vinyasa Yoga (B) Cathy 630-730am GAC Swim Team (A) 6:30-7:30am ♥ Flex and Balance (A) Kris 8am-8:55am Hydro Fit Lovie 8am-9am	Yoga (B) Sali 7:45am-8:45am Hydro Fit-Kris 8am-9am		
9:00	Zumba (A) Hannah PiYo (B) Anita 9am-10am	Pwr Pump (A) Sassy Cycle (C) Val 9am-10am	Bootcamp (A) Anita PiYo (B) Val Beginner Pickleball (Gym Court 3) Jude 9am-10am	Cardio Pump (A) Kris Cycling (C) Richel	Power Pump (A) Rose PiYo (B) Val 9am-10am	Cardio Pump (A) Rotating Instructors 9am-10am	
10am-11:30am	♥Zumba Gold (A) Julie 10:30am-11:30am Bootcamp Barre (B) Greer 11:00am-12:00pm Hydro Fit Yadira 11am-noon	Club Fiesta (A) Charlotte 10:30am-11:30am Gentle Yoga (B) Sali 1030am-1130am Jay Walking (Lobby) Jude 11am-noon	Zumba (A) Yadira 10:30am-11:30am Bootcamp Barre (B) Greer 11am-12pm Hydro Fit Charlotte 11am-noon	Gentle Yoga (B) Sali 1030am-1130am Jay Walking (Lobby) Jude 11am-noon	Zumba (A) Julie 10:30am-11:30am Bootcamp Barre (B) Greer 11am-12pm Hydro Fit Lynn 11am-noon	Zumba (A) Hannah 10:30am-11:30am <i>Ends 6/27</i>	
12pm	♥Tai Chi (A) Jude Noon-1:30pm	♥S.A.I.L. (A) Charlotte Noon-1pm	♥Tai Chi (A) Jude Noon-1:30pm	♥S.A.I.L. (A) Craig noon-1pm First Year Friends + Fitness (B) Noon-2:00pm	♥S.A.I.L. (A) Sassy Noon-1pm		
4:15pm-5:15pm	Advanced Tai Chi (A) Jude 4:15pm-5:15pm	Boot Camp (A) Jason 4:15pm-5:15pm	Kettlebell Strength (A) Rachael 4:15pm-5:15pm	Boot Camp (A) Jason 4:15pm-5:15pm			
5:15pm-6:30pm	PowerPump (A) Charlotte 5:30pm-6:30pm Yin and Yang Yoga (B) Cathy 5:15pm-6:15pm	Bike to Barre (C) Greer 5:30pm-6:30pm Hydro Fit Yadira 5:30pm-6:30pm	Cardio Pump (A) Maxine Vinyasa Yoga (B) Selina 5:30pm-6:30pm	Advanced Tai Chi (A) Jude Yoga (B) Sherry 5:25pm-6:25pm Bike to Barre (C) Greer Hydro Fit Yadira 5:30pm-6:30pm			
6:00pm-7:30pm		Beat Barre (A) Julie 6:00pm-7:00pm Pilates (B) Angie 6:35-7:35pm		Club Fiesta (A) Charlotte Pilates (B) Angie 6:35-7:35pm			

♥beginner level Alpine Studio (A) Big Sky Studio (B) Canyon Studio (C)

Schedule updates are available online.

Download the Logan Fitness App for up-to-date schedule changes.

See descriptions on back ⇒



iPhone



Android

Class Descriptions

BEAT BARRE: This low-impact, high-burn class combines controlled, barre-inspired movements with dynamic choreography for a fun, music-fueled strength workout.

BIKE TO BARRE: Get the best of both, cardio on the bike and strength and conditioning using the bike as your barre.

BOOT CAMP: A high-intensity class combining strength, speed, agility, plyometrics, and calisthenics to boost power, endurance, and fitness.

BOOT CAMP BARRE: Cardio and strength fused with exercises using the barre.

BOOTYBARRE: Full body strength workout focused on muscular endurance combining Pilates, yoga, and ballet movements on the floor and barre, using free weights and other fitness gear.

CARDIO PUMP-Muscular strength and endurance with cardio training using free weights, bars, tubing and stability balls.

CLUB FIESTA: A fun, high-energy dance fitness program that blends Pop, Latin, Afro, and international beats, designed to be easy to follow and suitable for all fitness levels.

CYCLING: High energy cycling. Please bring a water bottle. No saving of bikes.

FLEX & BALANCE: Gentle class with stretching, balance, mobility and some light strength work.

FIRST YEAR FRIENDS + FITNESS: The first hour includes postpartum exercise, followed by education, support, and connection in a welcoming environment.

HYDRO FIT: Joint friendly cardio and muscle strengthening workout using a variety of equipment and varying water depths.

J-WALKING: meet in the lobby upstairs. All levels of walkers are encouraged to participate.

KETTLEBELL STRENGTH: Build total body strength while improving mobility and balance through functional kettlebell movements. Designed for all fitness levels.

PILATES: Movements designed to strengthen tone and challenge your core muscles. Relieve stress and increase flexibility.

PI-YO: muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning workout.

POWER PUMP: A total-body strength training class using free weights, body bars, tubing, discs and stability balls to build power, endurance, and strength.

SAIL: Stay Active and Independent for Life

Class includes aerobic exercises, static and dynamic balance training, upper and lower body strength, flexibility, and fall prevention.

TAI CHI: Develop balance, strength, relaxation and improved respiration and circulation with graceful movement, deep breathing, and mental concentration. Learn at your own pace.

TAI CHI (Advanced): After learning the foundation movements, join us for the advanced movements.

VINYASA YOGA: A dynamic style of yoga that links poses in a flowing sequence, incorporating breath, flexibility, strength, balance, and mindfulness.

YIN AND YANG YOGA: A peaceful end to your day, with 30 minutes of deep, long-held stretches followed by 30 minutes of restorative poses to calm your nervous system and melt away stress.

YOGA: Move slowly and gently with the support of yoga props to reduce stress, strengthen, and tone muscles and improve flexibility using classical postures and breath awareness techniques.

YOGA - GENTLE: Beginner level yoga. Improve flexibility using basic postures and breath awareness techniques.

ZUMBA: A fun dance aerobic workout using Latin dances with easy to follow routine.

ZUMBA GOLD: A fun, low-intensity dance workout for active older adults, featuring modified Zumba moves that maintain the energy of the original class.

ZUMBA ZENERGY--This class blends dance party cardio with soul soothing yoga flow.