

Schedule Updated
April 1, 2024

TURF SERVICES

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|--|--|--|-----------------------------------|--------------------------------------|
| 5:00 am | 5:00-5:30 Open Turf | 5:15-6:00 MetCon | 5:00-5:30 Open Turf | 5:15-6:00 MetCon | 5:00-5:30 Open Turf | | |
| | 5:30-6:30 Total Conditioning | | 5:30-6:30 Total Conditioning | | 5:30-6:30 Total Conditioning | | |
| 6:00 am | 6:30-7:30 Women's Strength Training | 6:15-7:00 MetCon | 6:30-7:30 Women's Strength Training | 6:15-7:00 MetCon | 6:30 - 7:15 MetCon | | |
| 7:00 am | 7:30 - 9:00 Open Turf | 7:00 - 9:00 Open Turf | 7:30 - 9:00 Open Turf | 7:00 - 9:00 Open Turf | 7:30-9:00 Strength for Life 1 & 2 Super Total | 7:15-8:00 MetCon | |
| 8:00 am | | | | | 8:00-9:00 Strength 4 Life - 2 | | |
| 9:00 am | 9:00-10:00 Total Conditioning | 9:00 - 10:00 Strength 4 Life - 2 | 9:00-10:00 Total Conditioning | 9:00 - 10:00 Strength 4 Life - 2 | 9:00-10:00 Total Conditioning | 9:00 - 10:00 Super Total | |
| 10:00 am | 10:00-11:00 Open Turf | 10:00-11:00 Open Turf | 10:00-11:00 Open Turf | 10:00-11:00 Open Turf | 10:00-11:00 Open Turf | 7:00-2:00 Open Turf | 7:00-2:00 Open Turf |
| 11:00 am | 11:10-11:55 MetCon | 11:00 - 12:00 Strength for Life - 1 | 11:10-11:55 MetCon | 11:00 - 12:00 Strength for Life - 1 | 11:10-11:55 MetCon | | |
| Noon | 12:00-1:00 Strength 4 Life - 1 | 12:00 - 1:00 pm Total Conditioning | 12:00-1:00 Strength 4 Life - 1 | 12:00 - 1:00 pm Total Conditioning | 12:00-1:00 Strength 4 Life - 1 | 7:00-2:00 Open Turf | |
| 1:00 pm | 1:00 - 4:00 pm Open Turf | 1:00 - 5:30 Open Turf | 1:00-12:00 Open Turf | 1:00 - 5:30 Open Turf | 1:00 - 6:30 Open Turf | 2:00 - 5:00pm Family Turf Time | 2:00 - 5:00pm Family Turf Time |
| 2:00 pm | | | 2:00-3:00 ½ Youth Small Group Training | | | | |
| 3:00 pm | | | 3:00 - 5:30 Open Turf | | | | |
| 4:00 pm | 4:00-5:00 ½ Youth Small Group Training | | | | | | |
| 5:00 pm | 5:00-5:30 Open Turf | | | | | | |
| | 5:30-6:30 Super Total | 5:30-6:30 Total Conditioning | 5:30-6:30 Super Total | 5:30-6:30 Total Conditioning | | | |
| 6:00 pm | 6:30 - 7:30 Open Turf or Found. Fitness (2 nd & 3 rd weeks each month) | 6:30 - 8:30pm Family Turf Time | 6:30 - 7:30 Open Turf or Found. Fitness (2 nd & 3 rd weeks each month) | 6:30 - 8:30pm Family Turf Time | 6:30 - 8:30pm Family Turf Time | 5:00 - Close Open Turf | 5:00 - Close Open Turf |
| 7:00 pm | | | | | | | |
| 8:00 pm | 6:30 - Close Open Turf | | 6:30 - Close Open Turf | | | | |
| 9:00 - 10:00 pm | | 8:30 - Close Open Turf | | 8:30 - Close Open Turf | 8:30 - Close Open Turf | | |

CLASS DESCRIPTIONS:

Introductory Program:

-Foundations of Fitness (*Free to Members*) 2-week course- 2 classes per week. Class focus is to develop proper movement, form, and technique, while developing self-efficacy associated with resistance training, and conditioning. Class is scheduled for the 2nd and 3rd week of each month.

Level 1 Programs:

-Strength for Life – 1 The program will focus on coaching participants to move properly, add resistance, and in turn gain overall strength, power, and coordination as a foundation for an active life.

-Total Conditioning The Total Conditioning Program is a Medium to High intensity class incorporating different variations of interval training aimed at producing muscular and cardiovascular endurance conditioning.

Level 2 Programs: (*Consultation, Coach Approval, or Competent Completion of Level 1 Program Required to Participate*)

-Strength for Life – 2 (formerly Barbell) The program will introduce participants to a wide range of advanced strength training techniques and advanced variations of exercises to further enhance participants' strength, power, and coordination.

-Women's Strength Training This beginner to Intermediate level program is specifically designed to create a female-inclusive space where women will learn and work to increase strength, endurance, lean muscle mass, and neuromuscular performance.

Level 3 Programs: (*Consultation, Coach Approval, or Competent Completion of Level 2 Program Required to Participate*)

-Super Total: This unique program combines elements of strength training, and Olympic weightlifting, offering an all-encompassing training experience for individuals seeking to maximize their physical potential and Olympic Weightlifting technique.

-MetCon: Metabolic Resistance Training Program that challenges participants to increase their metabolic rate using barbell, dumbbell, kettlebell and other strength-based exercises with proper form through a medium to high intensity pace.

Family Turf Time: Family Turf Time is a time where parents can use the area with their children ages 7 + yrs of age.

Interested in classes?.....

Inquire at the front desk, online, or contact Phil Moore at 758-7493, pmoore@logan.org