

Schedule Updated  
April 29, 2024

# GROUP FITNESS CLASSES

GROUP EXERCISE CLASSES							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am	Power Pump (A) Maxine Yoga(B) Nikki Cycling (C) Craig 5:30am-6:30am	Boot Camp (A) Anita 5:30-6:30 am	Power Pump (A) Shay BootyBarre (B)Mila Cycling (C) Craig 5:30am-6:30am	PiYo (B) Anita 5:30 – 6:30 am	Power Pump (A) Maxine Cycling (C) Craig 5:30 – 6:30 am Boot Camp (A) Terrin 6:30-7:30am		
7:45am-8am	Pilates (B) Val Hydro Fit-Yadira 8am-9am	♥ Flex and Balance (A) Kris 8am-8:50am Hydro Fit Lovie 8am-9am	Yoga (B) Sali 7:45am-8:45am Hydro Fit-Kris 8am-9am	♥ Flex and Balance (A) Kris 8am-8:50am 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	Pwr Pump (A) Sassy Cycle (C) Val Water Tai Chi 9am-10am	Bootcamp (A) Anita PiYo (B) Val 9am-10am	Cardio Pump (A) Kris Cycle (C) Richel Water Tai Chi 9am-10am	Power Pump (A) Rose PiYo (B) Val 9am-10am	Cardio Pump (A) Rotating Instructors 9am-10am	
10am-11:30am	Bootcamp Barre (B) Greer 11:00am-12:00pm Hydro Fit Yadira 11am-noon	Zumba (A) Joy 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 Deb 11am-noon	Gentle Yoga (B) Sali 1030am-1130am Jay Walking (Lobby) Jude 11am-noon	Zumba (A) Joy 10:30am-11:30am Bike to Barre (C) Greer 10am-11am Hydro Fit Deb 11am-noon	Zumba (A) Hannah 10:30am-11:30am	
12pm	♥Tai Chi (A) Jude Noon-1:30pm	♥S.A.I.L. (A) Julie Noon-1pm	♥Tai Chi (A) Jude Noon-1:30pm	♥S.A.I.L. (A) Craig noon-1pm	♥S.A.I.L. (A) Joy Noon-1pm Grief Support Yoga 12:30-1:30pm Pre-register 406-751-4254		
4:15pm-5:15pm	Bootybarre (B) Nancy 4:15pm-5:15pm	Boot Camp (A) Sassy 4:15pm-5:15pm	Bootybarre (B) Nancy 4:15pm-5:15pm	Boot Camp (A) Terrin 4:15pm-5:15pm			
5:30pm	PowerPump (A) Kris 5:30pm-6:30pm Restorative Yoga (B) Cathy 5:30-6:30pm	Advanced Tai Chi (A) Jude Cycling(C) Chelsea 5:30pm-6:30pm	Cardio Pump (A) Maxine 5:30pm-6:30pm	Advanced Tai Chi (A) Jude Yoga (B) Sherry Cycling (C) Chelsea 5:30pm-6:30pm			
6:30pm-7:30pm	Zumba (A) Tiana 6:30 – 7:30 pm	Pilates (B) Angie L 6:30pm-7:30pm Aqua Zumba Kim 6:30pm-7:30pm	Zumba (A) Tiana 6:30 – 7:30 pm	Pilates (B) Angie L 6:30pm-7:30pm Aqua Zumba Kim 6:30pm-7:30pm			
♥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

**Aqua Zumba:** Aqua Zumba keeps the Zumba Fitness workout party going in the pool. At the same time, your muscles will work in different ways as you deal with the resistance of the water rather than gravity.

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

**BOOT CAMP:** Interval, strength training with speed and agility drills, power and plyometric drills and calisthenics.

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

**BOOTYBARRE:** Pilates, Dance + Yoga style class for strength and conditioning.

**CARDIO PUMP-**Muscular strength and endurance with cardio training class using free weights, body bars, the bar system, tubing and stability balls.

**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.

**Grief Yoga-**participants need to pre-register for this class through home options, and ask for Terri.

**HYDRO FIT:** Cardio and muscle strengthening workout using a variety of equipment and varying water depths. This is a great calorie burner without the impact on your joints.

**J-WALKING:** meet in the lobby upstairs. All levels of walkers are encouraged to participate. Walking takes place around our campus.

**SAIL: Stay Active and Independent for Life** Class includes aerobic, static and dynamic balance, upper and lower body strength training with adjustable cuff weights, and

flexibility exercises as well as fall prevention education.

**PILATES:** Slow 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, low impact workout.

**POWER PUMP:** Based on high intensity exercises for power, endurance, and strength. A group strength training, class using free weights, body bars, the bar system, tubing and stability balls. Core training included.

**RESTORATIVE YOGA:** Release, recovery, relaxation, and greater flexibility accomplished close to the ground, no flow or standing postures.

**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.

**YOGA:** Reduce stress, strengthen and tone muscles and improve flexibility using classical postures and breathe awareness techniques.

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

**YOGA FLOW FOR STRENGTH:** Beginner to intermediate class. Flow style full body yoga to build strength with an upbeat playlist.

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