

Schedule Updated
Aug 18th, 2025

Competitive Edge TURF SERVICES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	5:30-6:30 Barbell Strength	5:15-7:00 MetCon	5:30-6:30 Barbell Strength	5:15-7:00 MetCon	5:30-6:30 Barbell Strength		
6:00 am							
7:00 am	6:30-7:30 Women’s Strength Training	7:00 - 9:00 Open Turf	6:30-7:30 Women’s Strength Training	7:00 - 9:00 Open Turf	6:30 – 7:15 MetCon Day 3 Workout	7:15-8:00 MetCon Day 3 Workout	
	Open Turf		Open Turf		Strength Programs Day 3 Workout: (S4L, BBS, ST, WST)		
8:00 am		9:00-10:00 Total Conditioning		9:00 – 10:00 Barbell & Super Total Strength		9:00-10:00 Total Conditioning	
9:00 am	9:00-10:00 Total Conditioning	9:00 – 10:00 Barbell & Super Total Strength	9:00-10:00 Total Conditioning	9:00 – 10:00 Barbell & Super Total Strength	9:00-10:00 Total Conditioning	7:00-2:00 Open Turf	7:00-2:00 Open Turf
10:00 am	10:00-11:00 Open Turf	10:00-12:00 Open Turf	10:00-11:00 Open Turf	10:00-12:00 Open Turf	10:00-11:00 Open Turf		
11:00 am	11:00-12:00 Strength 4 Life		11:00-12:00 Strength 4 Life		11:00-12:00 Strength 4 Life		
Noon	12:00-1:00 MetCon	12:00 – 1:00 pm Total Conditioning	12:00-1:00 MetCon	12:00 – 1:00 pm Total Conditioning	12:00-1:00 MetCon	2:00 – 5:00pm Family Turf Time	2:00 – 5:00pm Family Turf Time
1:00 pm	1:00-2:00 Strength 4 Life	1:00-4:15 Open Turf	1:00-2:00 Strength 4 Life	1:00-4:15 Open Turf	1:00-6:30 Open Turf		
2:00 pm	2:00-5:30 Open Turf		2:00-5:30 Open Turf				
3:00 pm							
4:00 pm							
5:00 pm	4:15 – 5:15 Boot Camp (Alternate Location) 8/25 -9/5 only	4:15 – 5:15 Boot Camp (Alternate Location) 8/25 -9/5 only					
6:00 pm	5:30-6:30 Barbell & Super Total Strength	5:15 -6:30 Open Turf	5:30-6:30 Barbell & Super Total Strength	5:15 -6:30 Open Turf	6:30 – 8:00 Family Turf Time	5:00 – Close Open Turf	5:00 – Close Open Turf
	6:30-Close Open Turf	6:30 – 8:00 Family Turf Time	6:30-Close Open Turf	6:30 – 8:00 Family Turf Time			
		8:00 pm	8:00-Close Open Turf	8:00-Close Open Turf			

CLASS DESCRIPTIONS:

Level 1 Programs:

-Strength for Life: 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: *(Coach Approval after free class trial, or Competent Completion of Level 1 Program Required to Participate)*

-Barbell Strength: This program is designed to build strength, muscle, and power through structured training around the squat, bench press, and deadlift. Combining principles of powerlifting and hypertrophy, participants will develop a solid foundation of strength while increasing muscle size and improving overall performance.

-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: *(Coach Approval after free class trial, 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. Children ages 7-10 are not allowed to use weight or cardio equipment in the turf area. Please ask fitness staff what equipment children ages 7-10 can use.

Interested in classes?

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