

GROUP FITNESS BEYOND THE STUDIO

STUDIOS CLOSED, POOL OPEN!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am		Boot Camp (A) Shelby 5:30-6:30 am Cancelled	Power Pump (North Lawn) Shay Bootybarre (B) Cancelled Cycling (C) Craig 5:30am-6:30am		Power Pump (A) Cancelled Cycling (C) Craig 5:30 – 6:30 am		
630am-8am	HAPPY LABOR DAY!	♥ Flex and Balance (Conf Room 1) Marcus 8am-8:55am 🌊 Hydro Fit Lovie 8am-9am	Yoga (Conf Room 1) Sali 7:45am-8:45am 🌊 Hydro Fit-Yadira 8am-9am	♥ Flex and Balance (Conf Room 1) Marcus 8am-8:55am Vinyasa Yoga (B) Cancelled 🌊 Hydro Fit Lovie 8am-9am	Boot Camp (Turf) Terrin 6:30-7:30am Yoga (Conf Room 1) Sali 7:45am-8:45am 🌊 Hydro Fit-Anita 8am-9am		
9:00	NO CLASSES	Power Pump (Conf Room 1) Sassy Athletic Recovery (SPARKS room) Nikki Cycle (C) Val 9am-10am	Bootcamp (A) Anita (Conf Room 1) PiYo (North Lawn) Val Beginner Pickleball Cancelled	Cycle Pump (C) Marcus 🌊 Water Tai Chi Jude 9am-10am	Power Pump Rose Cancelled PiYo (North Lawn) Val 9am-10am	Cardio Pump (A) Rotating Instructors Cancelled	
10am-11:30am		Club Fiesta Cancelled Gentle Yoga (Conf Room 1) Sali 1030am-1130am Jay Walking (Lobby) Gwen 11am-noon	Zumba (Conf Room 1) Yadira 10:30am-11:30am Bike to Barre (C) Greer 11am-12pm 🌊 Hydro Fit Charlotte 11am-noon	Gentle Yoga (Conf Room 1) Sali 1030am-1130am Jay Walking (Lobby) Cancelled 11am-noon	Zumba (A) Joy Cancelled Bike to Barre (C) Greer 11am-12pm 🌊 Hydro Fit Lynn 11am-noon	Zumba (Conf Room 1) Yadira 10:30am-11:30am	
12pm		♥ S.A.I.L. (A) Cancelled	♥ Tai Chi (Conf Room 1) Jude Noon-1:30pm	♥ S.A.I.L. (Conf Room 1) Craig Noon-1pm	♥ S.A.I.L. (A) Cancelled		
4:15pm-5:15pm		Boot Camp (Turf) Sassy 4:15pm-5:15pm		Boot Camp (Turf) Terrin 4:15pm-5:15pm			
5:15pm-6:30pm		🌊 Hydro Fit Yadira 5:30pm-6:30pm	Cardio Pump (A) Cancelled Vinyasa Yoga (Conf Room 1) Selina 5:30pm-6:30pm	Advanced Tai Chi (Lobby) Jude Yoga (Conf Room 1) Sherry 🌊 Hydro Fit Yadira 5:30pm-6:30pm			
6:00pm-7:30pm		Pilates (Conf 1 Room) Angie 6:35-7:35pm		Pilates (Conf Room 1) 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

ATHLETIC RECOVERY YOGA: Tailored for performance focused individuals to improve flexibility and mobility. Utilizing self- myofascial release techniques and yoga.

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: 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.

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. Walking takes place around our campus.

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: 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

The class includes aerobic exercises, static and dynamic balance training, upper and lower body strength exercises with adjustable cuff weights, flexibility exercises, and fall prevention education.

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.