

GROUP FITNESS CLASSES

<u>GROUP EXERCISE CLASSES</u>							
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 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		
6:30am-8am	Pilates (B) Danika 7:45am-8:45am ⌘⌘ Hydro Fit-Yadira 8am-9am	♥ 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	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	Boot Camp (A) Terrin 6:30-7:30am Yoga (B) Sali 7:45am-8:45am ⌘⌘ Hydro Fit-Kris 8am-9am	Cycling (C) Craig 8:00-9:00am	
9:00	Zumba (A) Hannah PiYo (B) Anita ⌘⌘ Water Tai Chi Jude 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 ⌘⌘ Water Tai Chi Jude	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 Cycling (C) Greer 11am-12pm ⌘⌘Hydro Fit Lynn 11am-noon	Zumba (A) Hannah 10:30am-11:30am	
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	♥S.A.I.L. (A) Jason Noon-1pm		
4:15pm-5:15pm	Advanced Tai Chi (A) Jude 4:15pm-5:15pm	Boot Camp (A) Sassy 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	Power Sculpt (B) Danika 5:30pm-6:30pm Bike to Barre (C) Greer ⌘⌘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	Zumba (A) Joy 6:35 – 7:35 pm	Pilates (B) Angie 6:35-7:35pm	Zumba (A) Joy 6:35 – 7:35 pm	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

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.

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.

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, 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.

POWER SCULPT: Combines free weights, cardio bursts, and strength-training moves with mindful movement on the mat. This upbeat, full-body workout leaves you feeling strong, balanced, and energized.

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.