

# GROUP FITNESS CLASSES

GROUP EXERCISE CLASSES							
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		
630am-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	Bootybarre (B) Julie 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.