

Schedule Effective
September 3, 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) Shelby 5:30-6:30 am	Power Pump (A) Shay Bootybarre (B) Nancy 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		
630am-8am	Pilates (B) Val 7:45-8:45am Hydro Fit-Yadira 8am-9am	Vinyasa Yoga (B) Cathy 630-730am ♥ 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 ♥ 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		
9:00	Zumba (A) Hannah PiYo (B) Anita Water Tai Chi Jude	Pwr Pump (A) Sassy Cycle (C) Val	Bootcamp (A) Anita PiYo (B) Val 9am-10am	Cardio Pump (A) Kris Cycling (B) Richel Water Tai Chi Jude	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 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		
4:15pm-5:15pm	Bootybarre (B) Nancy 4:15pm-5:15pm	Boot Camp (A) Sassy 4:15pm-5:15pm		Boot Camp (A) Terrin 4:15pm-5:15pm			
5:30pm	PowerPump (A) Kris 5:30pm-6:30pm Yin and Yang Yoga (B) Cathy 5:15pm-6:15pm	Advanced Tai Chi (A) Jude	Cardio Pump (A) Maxine 5:30pm-6:30pm	Advanced Tai Chi (A) Jude Yoga (B) Sherry			
6:30pm-7:30pm	Zumba (A) Joy 6:30 – 7:30 pm	Pilates (B) Angie L Hydro Fit Yadira 6:30pm-7:30pm	Zumba (A) Tiana 6:30 – 7:30 pm	Pilates (B) Angie L Hydro Fit Yadira 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 Description

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.

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: Vinyasa Flow Yoga is a style of yoga that involves stringing poses together to create a continuous flow of movement incorporating breath, flexibility, strength, balance, and mindfulness.

YIN AND YANG YOGA: Combining Yin and Restorative yoga makes for a peaceful end to your day. The first 30 minutes includes deep stretches held for a longer duration (3-5 min). This is followed by 30 minutes of restorative poses to unwind and calm your nervous system, providing deep rest and melting 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.