

TURF SERVICES

Schedule Updated
Sept 2nd, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	5:00-5:30 Open Turf	5:15-6:00 MetCon	5:00-5:30 Open Turf	5:15-6:00 MetCon	5:00-5:30 Open Turf		
6:00 am	5:30-6:30 Total Conditioning		5:30-6:30 Total Conditioning		5:30-6:30 Total Conditioning		
	6:30-7:30 Women's Strength Training	6:15-7:00 MetCon	6:30-7:30 Women's Strength Training	6:15-7:00 MetCon	6:30 – 7:15 MetCon		
7:00 am	7:30 - 9:00 Open Turf	7:00 - 9:00 Open Turf	7:30 - 9:00 Open Turf	7:00 - 9:00 Open Turf	7:30-9:00 Strength 4 Life-1 Strength 4 Life-2 Super Total	7:15-8:00 MetCon	7:00-2:00 Open Turf
8:00 am						8:00-9:00 Strength 4 Life-2	
9:00 am	9:00-10:00 Total Conditioning	9:00 – 10:00 Strength 4 Life-2	9:00-10:00 Total Conditioning	9:00 – 10:00 Strength 4 Life-2	9:00-10:00 Total Conditioning	9:00 – 10:00 Super Total	
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	7:00-2:00 Open Turf	
11:00 am	11:10-11:55 MetCon		11:10-11:55 MetCon		11:10-11:55 MetCon		
Noon	12:00-1:00 Strength 4 Life-1	12:00 – 1:00 pm Total Conditioning	12:00-1:00 Strength 4 Life-1	12:00 – 1:00 pm Total Conditioning	12:00-1:00 Strength 4 Life-1		
1:00 pm	1:00-5:30 Open Turf	1:00 – 6:30 Open Turf	1:00 – 5:30 Open Turf	1:00 – 6:30 Open Turf	1:00 – 6:30 Open Turf	2:00 – 5:00pm Family Turf Time	2:00 – 5:00pm Family Turf Time
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm		6:30 – 8:00 Family Turf Time		6:30 – 8:00 Family Turf Time	6:30 – 8:00 Family Turf Time		5:00 – Close Open Turf
7:00 pm	6:30 – Close Open Turf	8:00-Close Open Turf	6:30 – 8:00 Open Turf	8:00-Close Open Turf	8:00-Close Open Turf	5:00 – Close Open Turf	
8:00 pm							
9:00 – 10:00 pm							

CLASS DESCRIPTIONS:

Introductory Program:

-Foundations of Fitness (*Free to Members*) 2-week course- 2 classes per week. Class focus is to develop proper movement, form, and technique, while developing self-efficacy associated with resistance training, and conditioning. Class is scheduled for the 2nd and 3rd week of each month.

Level 1 Programs:

-Strength for Life – 1 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: (*Consultation, Coach Approval, or Competent Completion of Level 1 Program Required to Participate*)

-Strength for Life – 2 (formerly Barbell) The program will introduce participants to a wide range of advanced strength training techniques and advanced variations of exercises to further enhance participants' strength, power, and coordination.

-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: (*Consultation, Coach Approval, 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