



Summer 2024 Fitness & Aquatics Classes At-A-Glance CLASSES BEGIN June 3rd

MONDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
9am Stretching & Toning-Both
ONLINE and In-Person
9am Yoga – ONLINE
10am Arthritis Aquatics
(SilverSneakers Splash)
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE
11am Zumba
4pm Arthritis Aquatics
(SilverSneakers Splash)
4:15pm Body Sculpt
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Aquatic
Strength & Conditioning
5pm Pound
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2

TUESDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Arthritis Aquatics (SSS)-Lap Pool
9am Stretching & Toning-Both
ONLINE and In-Person
9:10am SilverSneakers Yoga
10am Arthritis Aquatics (Silver
Sneakers Splash)

10am Aqua Toning & Aerobics-Deep
10am Intermediate Yoga
11am Tai Chi (SilverSneakers
EnerChi)
4:15pm Body Sculpt
5pm Swim Lesson Level 1
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6:30pm Stretching & Toning

WEDNESDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
9am Stretching & Toning-Both
ONLINE and In-Person
9am Yoga – ONLINE
10am Arthritis Aquatics
(SilverSneakers Splash)
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE
11:10am SilverSneakers Stability
4pm Arthritis Aquatics
(SilverSneakers Splash)
4:15pm Body Sculpt
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Aquatic
Strength & Conditioning
5pm Pound

THURSDAY

5:30am Body Sculpt

8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Arthritis Aquatics (SSS)-Lap Pool
9am Stretching & Toning-Both
ONLINE and In-Person
9:10am SilverSneakers Yoga
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am Intermediate Yoga
11am Tai Chi (SilverSneakers
EnerChi)
4:15pm Body Sculpt
5pm Swim Lesson Level 2
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6:30pm Stretching & Toning

FRIDAY

9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
10am Arthritis Aquatics
(SilverSneakers Splash)
4pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Parent & Tot – BOTH

SATURDAY

9am Boot Camp – beg. July 13th
10am Parent & Tot Swim - Babies
10:45am Parent & Tot - Toddlers
11:35am Swim Lessons Level 1
12:20pm Swim Lessons Level 2

**Disc Golf
For Beginners**
Begins June 3rd
6pm, cost \$60

JALC Blackjack Course

*****You do NOT have to be a member to take a class at Logan Fitness*****

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*To register, call us at (618) 985-2828 Ext. 8328, stop-in at the facility, or sign up
online at <https://www.jalc.edu/loganfitness/>*

<u>Aquatic Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
Swim Lessons Beg. Level 1	M	01	5:45-6:30pm	\$80	Therapy	Bajerski
	T	02	5-5:45pm	\$80	Therapy	Scillufo
	T	03	5:45-6:30pm	\$80	Therapy	Bjornberg
	TH	04	5:45-6:30pm	\$80	Therapy	Bajerski
	Sa	05	11:35-12:15pm	\$80	Therapy	G. Burkett
Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$80	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$80	Therapy	Calvin
	TH	03	5-5:45pm	\$80	Therapy	F. Burkett
	TH	04	5:45-6:30pm	\$80	Therapy	F. Burkett
	Sa	05	12:20-1pm	\$80	Therapy	G. Burkett
Swim Lessons Inter. Level 3	M	01	5-5:45pm	\$80	Lap	G. Burkett
	W	02	5-5:45pm	\$80	Lap	Scillufo
Competitive Youth	T/TH	01	5-5:50pm	\$120	Lap	Teal
Parent & Tot – BOTH	F	01	5-5:40pm	\$55	Therapy	Stevens
Parent & Tot - Babies	Sa	02	10-10:40am	\$55	Therapy	Stevens/Bajerski
Parent & Tot - Toddlers	Sa	03	10:45-11:25am	\$55	Therapy	Stevens/Bajerski
Advanced Swimming	M/W	01	5-5:45pm	\$55	Lap	E Burkett
Arthritis Aquatics	MWF	01	9-9:50am	FREE or \$65	Therapy	Szidik
(SilverSneakers Splash)	MWF	02	10-10:50am	FREE or \$65	Therapy	Szidik
	MWF	03	4-4:50pm	FREE or \$65	Therapy	Stevens
	T/TH	04	9-9:50am	FREE or \$55	Therapy	Stevens
	T/TH	05	9-9:50am	FREE or \$55	Lap	Szidik
	T/TH	06	10-10:50am	FREE or \$55	Therapy	Szidik
	T/TH	07	5-5:45pm	FREE or \$55	Therapy	Sherwood
	Aqua Aerobics–Deep	T/TH	02	10-10:50am	\$55	Lap
Aqua Aerobics–Shallow	MWF	01	9-9:50am	\$65	Lap	Fosse
Post-Injury Strength & Conditioning	M/W	01	5-5:45pm	\$55	Therapy	Kupiec
<u>Fitness Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Instructor</u>	<u>Room#</u>
Body Sculpt	M/W	01	5:30-6:20am	\$55	Salazar	J120
	M/W	02	4:15-5pm	\$55	Thomas	J120
	T/TH	03	5:30-6:20am	\$55	Cannova	J120
	T/TH	04	4:15-5pm	\$55	Hoistad	J120
Boot Camp	Sat	01	9-9:50am	\$45	Thompson	J120
Disc Golf for Beginners	M	01	6-7pm	\$60	Goodpastor	Blackjack Course
Intermediate Yoga	T/TH	01	10-10:50am	\$55	Bausch	J120
Pound	M/W	01	5-5:50pm	\$55	Reimer	J222
SilverSneakers Circuit	M/W	01	10-10:50am	FREE or \$55	Ragan	J120
SilverSneakers Classic	M-TH	01	8-8:50am	FREE or \$75	Ragan	J120
SilverSneakers Stability	W	01	11:10am-12pm	FREE or \$45	Szidik	J222
SilverSneakers Yoga	T/TH	01	9:10-9:50am	FREE or \$55	Bausch	J222
Stretching & Toning	M-TH	01H	9-9:50am	\$75	Ragan	Z/J120
	T/TH	02	6:30-7:20pm	\$55	Small	J120
Tai Chi/SS EnerChi	T/TH	01	11-11:50am	FREE or \$55	Bausch	J120
Yoga	M/W	01Z	9-9:50am	\$55	Bausch	ZOOM
Yoga with Chair Assist	M/W	01Z	10:10-11am	\$55	Bausch	ZOOM
Zumba	M/W	01	11-11:50am	\$55	Abell	J120

**No Instructor-Led classes will be held on the following Summer 2024 Holidays: June 19th (Juneteenth) and July 4th (Independence Day), UNLESS you are notified otherwise by your instructor.*