



## Fall 2024 Fitness & Aquatics Classes At-A-Glance CLASSES BEGIN August 19<sup>th</sup>

### 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 Aqua Toning & Aerobics – Deep  
10am SilverSneakers Circuit  
10:10am Yoga W/Chair Assist-ONLINE  
11am Zumba  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4:30pm 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  
5:45pm Competitive Youth Swim  
6pm Disc Golf

### 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)  
12:10pm SilverSneakers Muscle/MOVE  
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  
6pm Aqua Cross Fitness  
6:30pm Stretching & Toning

### WEDNESDAY

5:30am Body Sculpt  
7am SilverSneakers Classic  
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 Aqua Toning & Aerobics – Deep  
10am SilverSneakers Circuit  
10:10am Yoga W/Chair Assist-ONLINE  
11am Zumba  
11:10am SilverSneakers Stability  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4:30pm Body Sculpt  
5pm Swim Lesson Level 3  
5pm Advanced Swimming  
5pm Post-Injury Aquatic  
Strength & Conditioning  
5pm Pound  
5:45pm Competitive Youth Swim  
6pm Zumba

### 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)  
12:10pm SilverSneakers Muscle/MOVE  
4:15pm Body Sculpt  
5pm Swim Lesson Level 2  
5pm Competitive Youth Swim  
5pm Arthritis Aquatics  
(SilverSneakers Splash)  
5pm Pound Unplugged  
5:45pm Swim Lesson Level 1  
5:45pm Swim Lesson Level 2  
6pm Aqua Cross Fitness  
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 – Toddlers/Babies

### SATURDAY

8am Boot Camp  
9am Boot Camp  
10am Parent & Tot - Babies  
10:45am Swim Level 3  
10:45am Parent & Tot - Toddlers  
11:35am Swim Lessons Level 1  
12:20pm Swim Lessons Level 2

### New Classes!

SS Classic (Wed 7am)  
SS Muscle/Move (T/Th 12:10pm)  
Boot Camp (Sat 8am & 9am)

\*\*\*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/> and choose CLASSES

<u>Aquatic Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
<b>Swim Lessons Beg. Level 1</b>	M	01	5:45-6:30pm	\$80	Therapy	Hefner
	T	02	5-5:45pm	\$80	Therapy	G. Burkett
	T	03	5:45-6:30pm	\$80	Therapy	Bjornberg
	TH	04	5:45-6:30pm	\$80	Therapy	Calvin
	Sa	05	11:35-12:15pm	\$80	Therapy	G. Burkett
<b>Swim Lessons Beg. Level 2</b>	M	01	5:45-6:30pm	\$80	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$80	Therapy	G. Burkett
	TH	03	5-5:45pm	\$80	Therapy	Scillufo
	TH	04	5:45-6:30pm	\$80	Therapy	Scillufo
	Sa	05	12:20-1pm	\$80	Therapy	G. Burkett
<b>Swim Lessons Inter. Level 3</b>	M	01	5-5:45pm	\$80	Lap	G. Burkett
	W	02	5-5:45pm	\$80	Lap	Scillufo
	Sa	03	10:45-11:30am	\$80	Lap	G. Burkett
<b>Competitive Youth</b>	M/W	01	5:45-6:30pm	\$120	Lap	Teal
	T/TH	02	5-5:50pm	\$120	Lap	Teal
<b>Parent &amp; Tot – BOTH</b>	F	01	5-5:40pm	\$55	Therapy	Stevens
<b>Parent &amp; Tot - Babies</b>	Sa	02	10-10:40am	\$55	Therapy	Staff
<b>Parent &amp; Tot - Toddlers</b>	Sa	03	10:45-11:25am	\$55	Therapy	Staff
<b>Advanced Swimming</b>	M/W	01	5-5:45pm	\$55	Lap	E Burkett
<b>Arthritis Aquatics (SilverSneakers Splash)</b>	MWF	01	9-9:50am	\$65	Therapy	Szidik
	MWF	02	10-10:50am	\$65	Therapy	Szidik
	MWF	03	4-4:50pm	\$65	Therapy	Stevens
	T/TH	04	9-9:50am	\$55	Therapy	Fosse
	T/TH	05	9-9:50am	\$55	Lap	Szidik
	T/TH	06	10-10:50am	\$55	Therapy	Szidik
	T/TH	07	5-5:45pm	\$55	Therapy	Sherwood
<b>Aqua Aerobics–Shallow</b>	MWF	01	9-9:50am	\$65	Lap	Fosse
<b>Aqua Aerobics–Deep</b>	M/W	01	10-10:50am	\$55	Lap	Kuykendall
	T/TH	02	10-10:50am	\$55	Lap	Stevens
<b>Aqua Cross Fitness</b>	T/TH	01	6-6:30pm	\$55	Lap	Teal
<b>Post-Injury Aquatic Strength/Conditioning</b>	M/W	01	5-5:45pm	\$55	Therapy	Skinner

<u>Fitness Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Instructor</u>	<u>Room#</u>
<b>Body Sculpt</b>	M/W	01	5:30-6:20am	\$55	Salazar	J120
	M/W	02	4:30-5:15pm	\$55	Staff	J120
	T/TH	03	5:30-6:20am	\$55	Cannova	J120
	T/TH	04	4:15-5pm	\$55	Hoistad	J120
<b>Boot Camp</b>	Sa	01	8-8:50am	\$55	Thompson	J120
	Sa	02	9-9:50am	\$55	Thompson	J120
<b>Intermediate Yoga</b>	T/TH	01	10-10:50am	\$55	Bausch	J120
<b>Pound</b>	M/W	01	5-5:50pm	\$55	Reimer	J222
<b>Pound Unplugged</b>	TH	01	5-5:30pm	\$45	Reimer	J222
<b>SilverSneakers Circuit</b>	M/W	01	10-10:50am	FREE or \$55	Ragan	J120
<b>SilverSneakers Classic</b>	M-TH	01	8-8:50am	FREE or \$75	Ragan	J120
	W	02	7-7:50am	FREE or \$45	Thompson	J120
<b>SilverSneakers Muscle/Move</b>	T/TH	01	12:10-12:50pm	FREE or \$55	Bausch	J120
<b>SilverSneakers Stability</b>	W	01	11:10am-12pm	FREE or \$45	Szidik	J222
<b>SilverSneakers Yoga</b>	T/TH	01	9:10-9:50am	FREE or \$55	Bausch	J222
<b>Stretching &amp; Toning</b>	M-TH	01H	9-9:50am	\$75	Ragan	Z/J120
	T/TH	02	6:30-7:20pm	\$55	Small	J120
<b>Tai Chi/SS EnerChi</b>	T/TH	01	11-11:50am	FREE or \$55	Bausch	J120
<b>Yoga</b>	M/W	01Z	9-9:50am	\$55	Bausch	ZOOM
<b>Yoga with Chair Assist</b>	M/W	01Z	10:10-11am	\$55	Bausch	ZOOM
<b>Zumba</b>	M/W	01	11-11:50am	\$55	Abell	J120
	W	02	6-6:50pm	\$45	Anderson	J120

*\*No Instructor-Led classes will be held on the following Fall 2024 Holidays: Monday, September 2<sup>nd</sup> – Labor Day, Monday, November 11<sup>th</sup> – Veteran’s Day and Monday through Saturday November 25<sup>th</sup>-30<sup>th</sup>, Thanksgiving., UNLESS you are notified otherwise by your instructor.*