

# Logan Fitness Classes by Category

## High Intensity Classes

Advanced Swimming  
Aqua Cross Fitness  
Body Sculpt  
Boot Camp

## Yoga/Stretching/Relaxation

Intermediate Yoga  
Stretching & Toning  
Tai Chi (SilverSneakers EnerChi)  
Yoga  
Yoga with Chair Assist

## Dance/Music Classes

Pound  
Pound Unplugged  
SilverSneakers Muscle/MOVE  
Zumba

## Senior Citizen Classes

Arthritis Aquatics/SS Splash  
SilverSneakers Circuit  
SilverSneakers Classic  
SilverSneakers Muscle/MOVE  
SilverSneakers Stability  
SilverSneakers Yoga  
Tai Chi (SilverSneakers EnerChi)  
Yoga with Chair Assist

## Aerobics Classes

Aqua Toning & Aerobics–Deep  
Aqua Toning & Aerobics–Shallow  
Body Sculpt  
Boot Camp  
Post-Injury Aquatic Strength & Conditioning

## Swim Lessons

Parent & Tot – Babies  
Parent & Tot – BOTH

Parent & Tot - Toddlers  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3  
Competitive Youth Swim

## Morning Classes

**5:30 AM**  
Body Sculpt  
**7:00 AM**  
SilverSneakers Classic  
**8:00 AM**  
SilverSneakers Classic  
**9:00 AM**  
Aqua Toning & Aerobics–Shallow  
Arthritis Aquatics/SS Splash  
Stretching & Toning  
Yoga-ZOOM  
**9:10 AM**  
SilverSneakers Yoga  
**10:00 AM**  
Aqua Toning & Aerobics–Deep  
Arthritis Aquatics/SS Splash  
Intermediate Yoga  
SilverSneakers Circuit  
**10:10 AM**  
Yoga with Chair Assist

## Lunchtime Classes

**11:00 AM**  
Tai Chi (SilverSneakers EnerChi)  
Zumba  
**11:10 AM**  
SilverSneakers Stability  
**12:10 AM**  
SilverSneakers Muscle/MOVE

## Evening Classes

**4:00 PM**  
Arthritis Aquatics/SS Splash  
**4:15 PM & 4:30 PM**  
Body Sculpt  
**5:00 PM**  
Advanced Swimming  
Arthritis Aquatics/SS Splash  
Competitive Youth Swim  
Parent & Tot – Toddler/Baby  
Post-Injury Aquatic Strength & Conditioning  
Pound  
Pound Unplugged  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3  
**5:45PM**  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Competitive Youth Swim  
**6:00 PM**  
Aqua Cross Fitness  
Disc Golf for Beginners  
Zumba  
**6:30 PM**  
Stretching & Toning  
Weekend Classes  
Boot Camp  
Parent & Tot – Babies  
Parent & Tot - Toddlers  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3