



**Spring 2025
Fitness & Aquatics Classes
At-A-Glance
CLASSES BEGIN January 13th**

MONDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Aerobics-Shallow
9am Stretching & Toning-Both
Online and In-Person
9am Yoga – ONLINE
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua 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 Lessons Level 3
5pm Post-Injury Aquatic
Strength & Conditioning
5pm Pound
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
5:45pm Competitive Youth Swim
6pm Disc Golf for Beginners
(Starts 3/17)

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 Aerobics-Deep
10am Intermediate Yoga

11am Tai Chi (SilverSneakers EnerChi)
12:10pm SilverSneakers Muscle/MOVE
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Swim Lessons Level 1
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
5:50pm Adult Beginner Swimming
6pm Aqua Cross Fitness
6:30pm Stretching & Toning

WEDNESDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Aerobics-Shallow
9am Stretching & Toning-Both
Online and In-Person
9am Yoga – ONLINE
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua 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 Lessons Level 3
5pm Fitness Swim Training
5pm Post-Injury Aquatic
Strength & Conditioning
5pm Pound
5:30pm Zumba
5:45pm Competitive Youth Swim

THURSDAY

5:30am Body Sculpt
8am SilverSneakers Classic

9am Arthritis Aquatics
(SilverSneakers Splash)
9am Arthritis Aquatics (SSS)-Lap Pool
9am Stretching & Toning
9:10am SilverSneakers Yoga
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Aerobics-Deep
10am Intermediate Yoga
11am Tai Chi (SilverSneakers EnerChi)
12:10pm SilverSneakers Muscle/MOVE
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Pound Unplugged
5pm Swim Lessons Level 2
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
6pm Aqua Cross Fitness
6:30pm Stretching & Toning

FRIDAY

8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Aerobics-Shallow
9am Stretching & Toning
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Women's Workout
4pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Parent & Tot – Both

SATURDAY

9am Boot Camp
10am Body Sculpt Drop-in (some dates)
10am Parent & Tot - Babies
10:45am Swim Lessons Level 3
10:45am Parent & Tot - Toddlers
11:35am Swim Lessons Level 1
12:20pm Swim Lessons Level 2

Lifeguard classes:

Certification Begins: TBA

Re-Certification Begins: TBA

*****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>
Swim Lessons Beg. Level 1	M	01	5:45-6:30pm	\$80	Therapy	Knutzen
	T	02	5:00-5:45pm	\$80	Therapy	G. Burkett
	T	03	5:45-6:30pm	\$80	Therapy	Bjornberg
	Th	04	5:45-6:30pm	\$80	Therapy	Bjornberg
	Sa	05	11:35-12:15pm	\$80	Therapy	Vandenberg
Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$80	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$80	Therapy	Kimmle
	TH	03	5:00-5:45pm	\$80	Therapy	Brooks
	TH	04	5:45-6:30pm	\$80	Therapy	Brooks
	Sa	05	12:20-1:00pm	\$80	Therapy	Vandenberg
Swim Lessons Inter. Level 3	M	01	5:00-5:45pm	\$80	Lap	G. Burkett
	W	02	5:00-5:45pm	\$80	Lap	Scillufo
	Sa	03	10:45-11:30am	\$80	Lap	Vandenberg
Competitive Youth	M/W	01	5:45-6:30pm	\$120	Lap	Teal
	T/TH	02	5:00-5:50pm	\$120	Lap	Teal
Parent & Tot – Both	F	01	5:00-5:40pm	\$55	Therapy	Stevens
Parent & Tot - Babies	Sa	02	10:00-10:40am	\$55	Therapy	Stevens
Parent & Tot - Toddlers	Sa	03	10:45-11:25am	\$55	Therapy	Stevens
Adult Beginner Swimming	T	01	5:50-6:30pm	\$45	Lap	G. Burkett
Arthritis Aquatics (SilverSneakers Splash)	MWF	01	9:00-9:50am	FREE or \$65	Therapy	Szidik
	MWF	02	10:00-10:50am	FREE or \$65	Therapy	Szidik
	MWF	03	4:00-4:50pm	FREE or \$65	Therapy	Stevens
	T/TH	04	9:00-9:50am	FREE or \$55	Therapy	Fosse
	T/TH	05	9:00-9:50am	FREE or \$55	Lap	Szidik
	T/TH	06	10:00-10:50am	FREE or \$55	Therapy	Szidik
	T/TH	07	5:00-5:45pm	FREE or \$55	Therapy	Sherwood
Aqua Aerobics–Shallow	MWF	01	9:00-9:50am	\$65	Lap	Fosse
Aqua Aerobics–Deep	M/W	01	10:00-10:50am	\$55	Lap	Kuykendall
	T/TH	02	10:00-10:50am	\$55	Lap	Stevens
Aqua Cross Fitness	T/TH	01	6:00-6:30pm	\$55	Lap	Teal
Fitness Swim Training	W	01	5:00-5:45pm	\$55	Lap	Shea
Post-Injury Aquatic Strength/Conditioning	M/W	01	5:00-5:45pm	\$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>
Body Sculpt	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
Boot Camp	Sa	01	9:00-9:50am	\$45	Thompson	J120
Intermediate Yoga**	T/TH	01	10:00-10:50am	\$55	Bausch	J120
Pound	M/W	01	5:00-5:50pm	\$55	Reimer	J222
Pound Unplugged	TH	01	5:00-5:30pm	\$45	Reimer	J222
SilverSneakers Circuit	M/W	01	10:00-10:50am	FREE or \$55	Ragan	J120
SilverSneakers Classic	M-W	01	8:00-8:50am	FREE or \$65	Ragan	J120
	TH-F	02	8:00-8:50am	FREE or \$55	Williams	J120
SilverSneakers Muscle/Move**	T/TH	01	12:10-12:50pm	FREE or \$55	Bausch	J120
SilverSneakers Stability	W	01	11:10am-12:00pm	FREE or \$45	Szidik	J222
SilverSneakers Yoga**	T/TH	01	9:10-9:50am	FREE or \$55	Bausch	J222
Stretching & Toning	M-W	01H	9:00-9:50am	\$65	Ragan	Z/J120
	TH-F	02H	9-9:50am	\$55	Williams	J120
	T/TH	03	6:30-7:20pm	\$55	Small	J120
Tai Chi/SilverSneakers EnerChi**	T/TH	01	11:00-11:50am	FREE or \$55	Bausch	J120
Women's Workout	F	01	10-10:50am	\$45	Williams	J120
Yoga**	M/W	01Z	9:00-9:50am	\$55	Bausch	ZOOM
Yoga with Chair Assist**	M/W	01Z	10:10-11:00am	\$55	Bausch	ZOOM
Zumba	M/W	01	11:00-11:50am	\$55	Abell	J120
	W	02	5:30-6:20pm	\$45	Anderson	J120

Section A class dates – January 13th through March 8th Section B class Dates – March 17th through May 10th

**No Instructor-led classes will be held on the following Spring 2025 holidays: Monday, January 20th (MLK Day) and Monday, February 17th (President's Day), UNLESS you are notified otherwise by your instructor.*

***Classes will start one week early.*