

Logan Fitness Classes by Category

High Intensity Classes

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

Swim Lessons

Parent & Tot – Babies
Parent & Tot – Toddlers
Parent & Tot - Both
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Swim Lessons Inter. Level 3
Competitive Youth Swim
Adult Beginner Swimming

Morning Classes

5:30 AM
Body Sculpt

8:00 AM
SilverSneakers Classic

9:00 AM
Aqua Aerobics–Shallow
Arthritis Aquatics/SS Splash
Stretching & Toning
Yoga (Zoom)

9:10 AM
SilverSneakers Yoga

10:00 AM
Aqua Aerobics–Deep
Arthritis Aquatics/SS Splash
Intermediate Yoga
SilverSneakers Circuit
Women’s Workout

10:10 AM
Yoga with Chair Assist (Zoom)

Lunchtime Classes

11:00 AM
Tai Chi (SilverSneakers EnerChi)
Zumba

11:10 AM
SilverSneakers Stability

12:10 PM
SilverSneakers Muscle/MOVE

Evening Classes

4:00 PM
Arthritis Aquatics/SS Splash

4:30 PM
Body Sculpt

5:00 PM
Arthritis Aquatics/SS Splash

Competitive Youth Swim
Fitness Swim Training
Parent & Tot - Both
Post-Injury Aquatic Strength & Conditioning

Pound
Pound Unplugged
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Swim Lessons Inter. Level 3

5:30PM
Zumba

5:45PM
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Competitive Youth Swim

5:50PM
Adult Beginner Swimming

6:00 PM
Aqua Cross Fitness
Disc Golf for Beginners

6:30 PM
Stretching & Toning

Weekend Classes

Body Sculpt Saturday Drop-Ins
Boot Camp
Parent & Tot – Babies
Parent & Tot - Toddlers
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Swim Lessons Inter. Level 3