

CONTACT US:

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Email: loganfitness@jalc.edu

Website: www.jalc.edu/loganfitness

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LOGAN FITNESS HOURS

FITNESS CENTER HOURS

| | |
|-----------------|-----------------|
| Monday – Friday | 5:30am – 8:30pm |
| Saturday | 5:30am – 6pm |
| Sunday | 12pm – 6pm |

AQUATIC CENTER HOURS

| | | |
|-----------------|-----------------------------|------------|
| Monday – Friday | 5:30am – 9am | 11am – 1pm |
| | 3pm – 5pm (Tues/Thurs only) | |
| | 5:45pm – 8:30pm* | |
| Saturday | 5:30am – 10am | |

*Family Swim - every Friday night 5:45-8:30pm (all ages welcome)



PERSONAL TRAINING



 **LOGAN**
FITNESS

PERSONAL TRAINING GENERAL INFORMATION

Logan Fitness offers multiple personal training options. Our trainers assist clients in reaching their desired health and fitness goals by providing structured programming, knowledgeable instruction, and positive encouragement.

Individual Personal Training Options

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| | 1/2 Hour | 1 Hour | 1 1/2 Hours | 2 Hours |
|----------|----------|---------|-------------|---------|
| 1/2 Hour | 30 | 26 each | 24 each | 22 each |
| Hour | 50 | 46 each | 44 each | 42 each |

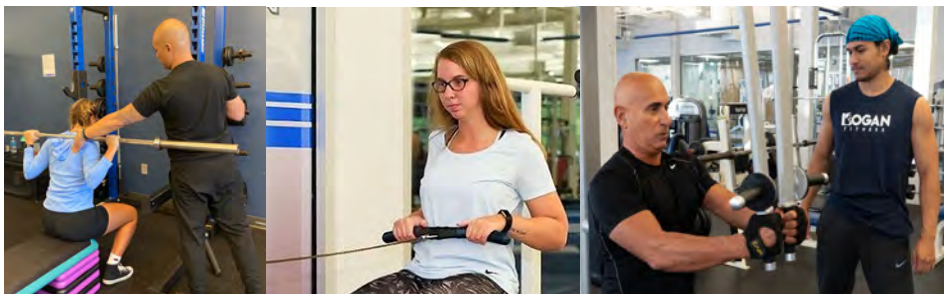
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| | 1/2 Hour | 1 Hour | 1 1/2 Hours | 2 Hours |
|----------|----------|-----------|-------------|---------|
| 1/2 Hour | 40 | \$36 each | 34 each | 32 each |
| Hour | 60 | 55 each | 52 each | 49 each |

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| | 1/2 Hour | 1 Hour |
|------------|----------|---------|
| Member | 35 each | 30 each |
| Non-Member | 50 each | 45 each |

In addition to general personal training, the following specializations are available: aquatic personal training and athlete training.



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Fitness Assessment: \$35

Body mass index (BMI), body fat percentage, cardiorespiratory test (VO2), muscle endurance test, and flexibility test.

8 Week Program: \$35

8-week written program only. (No scheduled meetings with the trainer).

Body Scans

Logan Fitness houses a Fit3D body scanner which provides 3D body images, body fat percentage, body shape rating, and precise body part measurements. Tracked over time, this data can be extremely useful in tracking progress and reaching fitness goals. Personal training clients can use the body scanner for free at the discretion of their trainer. Body scans can also be purchased as stand-alone scans at the check-in desk without participating in our personal training program.

| | |
|------------|------|
| Member | \$15 |
| Non-Member | \$25 |



How to Get Started

To get started with personal training at Logan Fitness, please fill out a personal training packet and submit it to Logan Fitness staff at the check-in desk or membership services office. The personal training packet provides information about your current health status, your goals, and your preferred availability. The packet may be picked up in-person at Logan Fitness or accessed online at www.jalc.edu/loganfitness. Payment is required upon registration. For questions, call (618) 985-2828 Ext. 8502 or e-mail us at loganfitness@jalc.edu.