



**Summer 2022  
Fitness & Aquatics Classes  
At-A-Glance  
CLASSES BEGIN June 6th**

**MONDAY**

8am SilverSneakers Classic  
9am Arthritis Aquatics  
(SilverSneakers Splash)  
9am Stretching & Toning-Both  
ONLINE and In-Person  
9am Yoga – ONLINE  
10am Advanced Swimming  
10am Aqua Stretching & Toning  
10am SilverSneakers Circuit  
10:10am Yoga W/Chair Assist-  
ONLINE  
11am Zumba  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4pm Inclusion Aquatics  
5pm Swim Lesson Level 3  
5pm Post-Injury Strength &  
Conditioning  
5:45pm Swim Lesson Level 1  
5:45pm Swim Lesson Level 2  
5:45pm Competitive Youth Swim

**TUESDAY**

5:30am Body Sculpt – beg. 5/16  
8am SilverSneakers Classic  
9am Arthritis Aquatics  
(SilverSneakers Splash)  
9am Stretching & Toning-Both  
ONLINE and In-Person  
9am Aqua Toning & Aerobics-  
Shallow  
9:10am Beyond the Barre  
10am Arthritis Aquatics (Silver  
Sneakers Splash)  
10am Aqua Toning & Aerobics-  
Deep  
10am Intermediate Yoga  
11am Taming the Chi  
12:10pm Yoga for Lunch  
5pm Competitive Youth Swim

5pm Arthritis Aquatics  
(SilverSneakers Splash)  
5pm Pound  
5:30pm Spinning – beg. 5/31  
5:45pm Swim Lesson Level 1  
5:45pm Swim Lesson Level 2  
6pm Aqua Cross Fitness  
6pm Interval Training-Both ONLINE  
and In-Person  
6:30pm Yoga

**WEDNESDAY**

8am SilverSneakers Classic  
9am Arthritis Aquatics  
(SilverSneakers Splash)  
9am Stretching & Toning-Both  
ONLINE and In-Person  
9am Yoga - ONLINE  
10am Advanced Swimming  
10am Aqua Stretching & Toning  
10am SilverSneakers Circuit  
10:10am Yoga W/Chair Assist-  
ONLINE  
11am Zumba  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4pm Inclusion Aquatics  
5pm Swim Lesson Level 3  
5pm Post-Injury Strength &  
Conditioning  
5pm Pound  
5:45pm Competitive Youth Swim  
6pm Total Body with Abs – Both  
ONLINE and In-Person

**THURSDAY**

5:30am Body Sculpt – beg. 5/16  
8am SilverSneakers Classic  
9am Arthritis Aquatics  
(SilverSneakers Splash)

9am Stretching & Toning-Both  
ONLINE and In-Person  
9am Aqua Toning & Aerobics-  
Shallow  
9:10am Beyond the Barre  
10am Arthritis Aquatics  
(SilverSneakers Splash)  
10am Aqua Toning & Aerobics –  
Deep  
10am Intermediate Yoga  
11am Taming the Chi  
12:10pm Yoga for Lunch  
5pm Competitive Youth Swim  
5pm Arthritis Aquatics  
(SilverSneakers Splash)  
5:30pm Spinning – beg 5/31  
5:45pm Swim Lesson Level 1  
5:45pm Swim Lesson Level 2  
6pm Aqua Cross Fitness  
6pm Interval Training – Both  
ONLINE and In-Person  
6:30pm Yoga

**FRIDAY**

9am Arthritis Aquatics  
(SilverSneakers Splash)  
10am Advanced Swimming  
10am Aqua Stretching & Toning

**SATURDAY**

8:30am Get In Shape!!!  
9:30am Total Body with Abs-Both  
ONLINE and In-Person  
10am Swim Lessons Level 3  
10am Parent & Tot Swim -Babies  
10:45am Parent & Tot Swim –  
Toddlers  
11am Meditation & Mindfulness  
11:30am Swim Lessons Level 1  
12:15pm Swim Lesson Level 2

**\*\*\*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. 8502, 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>Sec</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
AQ19 Advanced Swimming	MWF	01	10-10:50am	\$65	Lap	Cichocki
AQ20 Aqua Cross Fitness	T/TH	01	6-6:30pm	\$45	Lap	Jones
AQ24 Aqua Stretching & Toning	MWF	01	10-10:50am	\$65	Therapy	Stevens
AQ23 Aqua Toning&Aerobics – Deep	T/TH	01	10-10:50am	\$55	Lap	Fosse
AQ22 Aqua Toning&Aerobics – Shallow	T/TH	02	9-9:50am	\$55	Lap	Fosse
AQ18 Arthritis Aquatics	MWF	01	9-9:50am	\$65	Therapy	Stevens
(SilverSneakers Splash)	M/W	02	4-4:50pm	\$55	Therapy	Stevens
	T/TH	03	9-9:50am	\$55	Therapy	Bowsher
	T/TH	04	10-10:50am	\$55	Therapy	Rossi
	T/TH	05	5-5:45pm	\$55	Therapy	Frick
AQ14 Competitive Youth	M/W	01	5:45-6:30pm	\$120	Lap	Snider
	T/TH	02	5-5:50pm	\$120	Lap	Jones
AQ37 Inclusion Aquatics	MW	01	4-4:50pm	\$25	Lap	Cichocki
AQ15 Parent & Tot - Babies	Sa	01	10-10:40am	\$55	Therapy	Stevens
AQ31 Parent & Tot - Toddlers	Sa	01	10:45-11:25am	\$55	Therapy	Stevens
AQ29 Post-Injury Strength/Cond	M/W	01	5-5:45pm	\$55	Therapy	TBA
AQ11 Swim Lessons Beg. Level 1	M	01	5:45-6:30pm	\$70	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$70	Therapy	G. Burkett
	TH	03	5:45-6:30pm	\$70	Therapy	G. Burkett
	Sa	04	11:30am-12:10pm	\$70	Therapy	Scillufo
AQ12 Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$70	Therapy	C. Burkett
	T	02	5:45-6:30pm	\$70	Therapy	C. Burkett
	TH	03	5:45-6:30pm	\$70	Therapy	F. Burkett
	Sa	04	12:15-12:55pm	\$70	Therapy	Scillufo
AQ13 Swim Lessons Inter. Level 3	M	01	5-5:45pm	\$70	Lap	C. Burkett
	W	02	5-5:45pm	\$70	Lap	C. Burkett
	Sa	03	10-10:45am	\$70	Lap	Scillufo
<u>Fitness Classes</u>	<u>Days</u>	<u>Sec</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
FT12 Beyond the Barre	T/TH	01	9:10-9:50am	\$45	J222	Bausch
FT13 Body Sculpt	T/TH	01	5:30-6:20am	\$55	J120	Cannova
FT21 Get in Shape!!!	Sa	01	8:30-9:20am	\$45	J120	Reid
FT22 Intermediate Yoga	T/TH	01	10-10:50am	\$55	J120	Bausch
FT73 Interval Training	T/TH	01H	6-6:50pm	\$55	J222/ZOOM	Suthard
FT71 Meditation & Mindfulness	Sa	01	11-11:50am	FREE	J222	Griffin
FT47 Pound	T/W	01	5-5:50pm	\$55	J222	Reimer
FT30 SilverSneakers Circuit	M/W	01	10-10:50am	FREE or \$55	J120	Ragan
FT31 SilverSneakers Classic	M-TH	01	8-8:50am	FREE or \$75	J120	Ragan
FT35 Spinning	T/TH	01	5:30-6:20pm	\$55	J120	Dawson
FT36 Stretching & Toning	M-TH	01H	9-9:50am	\$75	J120/ZOOM	Ragan
FT74 Taming the Chi	T/TH	01	11-11:50am	\$55	J120	Bausch
FT46 Total Body with Abs	W/Sa	01H	6-6:50pm, 9:30-10:20am	\$45	J120/ZOOM	Suthard
FT40 Yoga	M/W	01Z	9-9:50am	\$55	ZOOM	Bausch
	T/TH	02	6:30-7:20pm	\$55	J120	Small
FT75 Yoga for Lunch	T/TH	01	12:10-12:50pm	\$45	J120	Bausch
FT56 Yoga with Chair Assist	M/W	01Z	10:10-11am	\$55	ZOOM	Bausch
FT41 Zumba	M/W	01	11-11:50am	\$55	J120	Abell