



**Spring 2023
Fitness & Aquatics Classes
At-A-Glance
CLASSES BEGIN January 17th**

MONDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
9am Stretching & Toning-Both
ONLINE and In-Person
9am Yoga – ONLINE, beg. 1/9
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE, beg. 1/9
11am Zumba
4pm Arthritis Aquatics
(SilverSneakers Splash)
4pm Inclusion Aquatics
4:15pm Body Sculpt PLUS
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Strength &
Conditioning
5pm Pound
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
5:45pm Competitive Youth Swim

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 Beyond the Barre, beg. 1/10
10am Aqua Toning & Aerobics-Deep
10am Arthritis Aquatics (Silver
Sneakers Splash)
10am Intermediate Yoga, beg. 1/10
NEW! 10am SilverSneakers BOOM Move
NEW! 11am Tai Chi (SilverSneakers
EnerChi), beg. 1/10
NEW! 11am SilverSneakers BOOM Muscle

12:10pm SilverSneakers Yoga, beg. 1/10
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5:30pm Spinning, beg. 1/24
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6pm Aqua Cross Fitness
6:30pm Yoga

WEDNESDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
9am Stretching & Toning-Both
ONLINE and In-Person
9am Yoga – ONLINE, beg. 1/9
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE, beg. 1/9
11am Zumba
NEW! 11:10am SilverSneakers Stability

4pm Arthritis Aquatics
(SilverSneakers Splash)
4pm Inclusion Aquatics
4:15pm Body Sculpt PLUS
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Strength &
Conditioning
5pm Pound
5pm Body Sculpt PLUS-workshop
5:45pm Competitive Youth Swim
NEW! 6pm Zumba

THURSDAY

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 Beyond the Barre, beg. 1/10
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am Intermediate Yoga, beg. 1/10
NEW! 10am SilverSneakers BOOM Move
NEW! 11am Tai Chi (SilverSneakers
EnerChi), beg. 1/10
NEW! 11am SilverSneakers BOOM Muscle
12:10pm SilverSneakers Yoga, beg. 1/10
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
NEW! 5:15pm Pound Unplugged
5:30pm Spinning, beg. 1/24
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6pm Aqua Cross Fitness
6:30pm Yoga

FRIDAY

9am Arthritis Aquatics
(SilverSneakers Splash)
9am Aqua Toning & Aerobics-Shallow
NEW! 9am SilverSneakers BOOM Move
9:30am Bingocize, FREE
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
NEW! 10am SilverSneakers BOOM Muscle
4pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Parent & Tot – BOTH

SATURDAY

8:30am All In Fitness
9:30am Total Body with Abs-Both
ONLINE and In-Person
10am Parent & Tot Swim -Babies
10:40am Swim Lessons Level 3
10:45am Parent & Tot Swim –
Toddlers
11am Meditation & Mindfulness, FREE
11:30am Swim Lessons Level 1
12:15pm Swim Lesson Level 2

**Spring 2023
Lifeguard
CERTIFICATION &
Re-CERTIFICATION
Begin April 18th and May 18th**

*****You do NOT have to be a member to take a class at Logan Fitness***
Follow us on Facebook! Search for "JALC Logan Fitness"
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>Section</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
AQ11 Swim Lessons Beg. Level 1	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	G. Burkett
	Sa	04	11:30-12:10pm	\$70	Therapy	Scillufo
AQ12 Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$70	Therapy	Hefner
	T	02	5:45-6:30pm	\$70	Therapy	G. 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	Hefner
	W	02	5-5:45pm	\$70	Lap	Hefner
	Sa	03	10:40-11:25am	\$70	Lap	Scillufo
AQ14 Competitive Youth	M/W	01	5:45-6:30pm	\$120	Lap	Jones
	T/TH	02	5-5:50pm	\$120	Lap	Jones
AQ15 Parent & Tot - Babies	Sa	01	10-10:40am	\$55	Therapy	Stevens
AQ15 Parent & Tot – BOTH	F	02	5-5:40pm	\$55	Therapy	Stevens
AQ31 Parent & Tot - Toddlers	Sa	01	10:45-11:25am	\$55	Therapy	Stevens
AQ19 Advanced Swimming	M/W	01	5-5:45pm	\$55	Lap	Cichocki
AQ18 Arthritis Aquatics (SilverSneakers Splash)	MWF	01	9-9:50am	FREE or \$65	Therapy	Szidik
	MWF	02	10-10:50am	FREE or \$65	Therapy	Szidik
	MWF	03	4-4:50pm	FREE or \$65	Therapy	Stevens
	T/TH	04	9-9:50am	FREE or \$55	Therapy	Rossi
	T/TH	05	10-10:50am	FREE or \$55	Therapy	Szidik
	T/TH	06	5-5:45pm	FREE or \$55	Therapy	Frick
	T/TH	07	9-9:50am	FREE or \$55	Lap	Szidik
AQ20 Aqua Cross Fitness	T/TH	01	6-6:30pm	\$55	Lap	Jones
AQ22 Aqua Toning & Aerobics – Shallow	MWF	01	9-9:50am	\$65	Lap	Fosse
AQ23 Aqua Toning & Aerobics – Deep	MWF	01	10-10:50am	\$65	Lap	Stevens
	T/TH	02	10-10:50am	\$55	Lap	Kuykendall/Wooten
AQ37 Inclusion Aquatics	M/W	01	4-4:50pm	\$35	Lap	Cichocki
AQ29 Post-Injury Strength & Conditioning	M/W	01	5-5:45pm	\$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>
FT82 All In Fitness	Sa	01	8:30-9:20am	\$45	Reid	J120
FT12 Beyond the Barre	T/TH	01	9:10-9:50am	\$55	Bausch	J222
FT72 Bingocize	F	01	9:30-11am	FREE	Salazar	J224
FT13 Body Sculpt	MW	01	5:30-6:20am	\$55	Salazar	J120
	T/TH	02	5:30-6:20am	\$55	Cannova	J120
FT78 Body Sculpt PLUS	M/W	01	MW4:15-4:55pm, & W5-5:20pm	\$65	Thomas	J120, J224
FT22 Intermediate Yoga	T/TH	01	10-10:50am	\$55	Bausch	J120
FT71 Meditation & Mindfulness	Sa	01	11-11:50am	FREE	Griffin	J222
FT47 Pound	M/W	01	5-5:50pm	\$55	Reimer	J222
FT80 Pound Unplugged	TH	01	5:15-5:45pm	\$45	Fosse	J222
FT66 SilverSneakers BOOM Move	T/TH	01	10-10:50am	FREE or \$55	Williams	J222
	F	02	9-9:50am	FREE or \$45	Williams	J222
FT83 SilverSneakers BOOM Muscle	T/TH	01	11-11:50am	FREE or \$55	Williams	J222
	F	02	10-10:50am	FREE or \$45	Williams	J222
FT30 SilverSneakers Circuit	M/W	01	10-10:50am	FREE or \$55	Ragan	J120
FT31 SilverSneakers Classic	M-TH	01	8-8:50am	FREE or \$75	Ragan	J120
FT50 SilverSneakers Stability	W	01	11:10am-12pm	FREE or \$45	Szidik	J222
FT33 SilverSneakers Yoga	T/TH	01	12:10-12:50am	FREE or \$55	Bausch	J120
FT35 Spinning	T/TH	01	5:30-6:20pm	\$55	Dawson	J120
FT36 Stretching & Toning	M-TH	01H	9-9:50am	\$75	Ragan	Z/J120
FT53 Tai Chi (SilverSneakers EnerChi)	T/TH	01	11-11:50am	FREE or \$55	Bausch	J120
FT46 Total Body with Abs	Sa	01H	9:30-10:20am	\$45	Hoistad	Z/J120
FT40 Yoga	M/W	01Z	9-9:50am	\$55	Bausch	ZOOM
	T/TH	02	6:30-7:20pm	\$55	Small	J120
FT56 Yoga with Chair Assist	M/W	01Z	10:10-11am	\$55	Bausch	ZOOM
FT41 Zumba	M/W	01	11-11:50am	\$55	Abell	J120
	W	02	6-6:50pm	\$45	Anderson	J120