

Logan Fitness Classes by Category

High Intensity Classes

AQ19 Advanced Swimming
AQ20 Aqua Cross Fitness
FT82 All In Fitness
FT13 Body Sculpt
FT78 Body Sculpt PLUS
FT73 Interval Training
FT35 Spinning
FT46 Total Body with Abs

Yoga/Stretching/Relaxation

FT22 Intermediate Yoga
FT71 Meditation & Mindfulness
FT36 Stretching & Toning
FT53 Tai Chi (SilverSneakers EnerChi)
FT40 Yoga
FT56 Yoga with Chair Assist

Dance/Music Classes

FT12 Beyond the Barre
FT47 Pound
FT80 Pound Unplugged
FT41 Zumba

Senior Citizen Classes

AQ18 Arthritis Aquatics/SS Splash
FT66 SilverSneakers BOOM Move
FT83 SilverSneakers BOOM Muscle
FT30 SilverSneakers Circuit
FT31 SilverSneakers Classic
FT53 Tai Chi (SilverSneakers EnerChi)
FT50 SilverSneakers Stability
FT33 SilverSneakers Yoga
FT56 Yoga with Chair Assist
FT72 Bingocize

Aerobics Classes

AQ23 Aqua Toning & Aerobics–Deep
AQ22 Aqua Toning & Aerobics–
Shallow
AQ37 Inclusion Aquatics
AQ29 Post-Injury Strength &
Conditioning
FT82 All In Fitness

FT13 Body Sculpt

FT73 Interval Training

FT35 Spinning

FT46 Total Body with Abs

Swim Lessons

AQ14 Competitive Youth
AQ15 Parent & Tot – Babies
AQ15 Parent & Tot - BOTH
AQ31 Parent & Tot - Toddlers
AQ11 Swim Lessons Beg. Level 1
AQ12 Swim Lessons Beg. Level 2
AQ13 Swim Lessons Inter. Level 3

Morning Classes

5:30 AM

FT13 Body Sculpt

8:00 AM

FT31 SilverSneakers Classic

FT36 Stretching & Toning

9:00 AM

AQ18 Arthritis Aquatics/SS Splash

AQ22 Aqua Toning & Aerobics–
Shallow

FT40 Yoga

FT66 SilverSneakers BOOM Move

9:10 AM

FT12 Beyond the Barre

9:30 AM

FT72 Bingocize

10:00 AM

AQ23 Aqua Toning & Aerobics–Deep

AQ18 Arthritis Aquatics/SS Splash

FT30 SilverSneakers Circuit

FT22 Intermediate Yoga

FT66 SilverSneakers BOOM Move

FT83 SilverSneakers BOOM Muscle

10:10 AM

FT56 Yoga with Chair Assist

Lunchtime Classes

11:00 AM

FT53 Tai Chi (SilverSneakers EnerChi)

FT83 SilverSneakers BOOM Muscle

FT41 Zumba

11:10 AM

FT50 SilverSneakers Stability

12:10 PM

FT33 SilverSneakers Yoga

Evening Classes

4:00 PM

AQ18 Arthritis Aquatics/SS Splash

AQ37 Inclusion Aquatics

4:15 PM

Body Sculpt PLUS

5:00 PM

AQ14 Competitive Youth

AQ15 Parent & Tot - BOTH

AQ19 Advanced Swimming

AQ18 Arthritis Aquatics/SS Splash

AQ29 Post-Injury Strength &
Conditioning

FT47 Pound

5:15 PM

FT80 Pound Unplugged

5:30 PM

FT35 Spinning

5:45PM

AQ14 Competitive Youth

6:00 PM

AQ20 Aqua Cross Fitness

FT73 Interval Training

FT46 Total Body with Abs

6:30 PM

FT40 Yoga

Weekend Classes

AQ15 Parent & Tot - Babies

AQ31 Parent & Tot - Toddlers

AQ11 Swim Lessons Beg. Level 1

AQ12 Swim Lessons Beg. Level 2

AQ13 Swim Lessons Inter. Level 3

AQ20 Aqua Cross Fitness

FT82 All In Fitness

FT71 Meditation & Mindfulness

FT46 Total Body with Abs