



Fall 2023 Fitness & Aquatics Classes At-A-Glance CLASSES BEGIN October 16th

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
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE
11am Zumba – beg. 10/16!
4pm Arthritis Aquatics
(SilverSneakers Splash)
4:15pm Body Sculpt
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Aquatic
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
10am Arthritis Aquatics (Silver
Sneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am Intermediate Yoga

11am Tai Chi (SilverSneakers
EnerChi)
11am SilverSneakers BOOM Muscle
12:10pm SilverSneakers Yoga
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
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
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am SilverSneakers Circuit
10:10am Yoga W/Chair Assist-
ONLINE
11am Zumba – beg. 10/16!
11:10am SilverSneakers Stability
4pm Arthritis Aquatics
(SilverSneakers Splash)
4:15pm Body Sculpt
5pm Swim Lesson Level 3
5pm Advanced Swimming
5pm Post-Injury Aquatic
Strength & Conditioning
5pm Pound
5:45pm Competitive Youth
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
10am Arthritis Aquatics
(SilverSneakers Splash)
10am Aqua Toning & Aerobics-Deep
10am Intermediate Yoga
11am Tai Chi (SilverSneakers
EnerChi)
11am SilverSneakers BOOM Muscle
12:10pm SilverSneakers Yoga
5pm Competitive Youth Swim
5pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Swim Lesson Level 2
5pm Pound Unplugged
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
10am Arthritis Aquatics
(SilverSneakers Splash)
4pm Arthritis Aquatics
(SilverSneakers Splash)
5pm Parent & Tot – BOTH

SATURDAY

9:30am Total Body with Abs
10am Parent & Tot Swim -Babies
10am Aqua Zumba
10:40am Swim Lessons Level 3
11:30am Swim Lessons Level 1

**Fall 2023
Lifeguard CERTIFICATION**

Begins November 16th

*****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/>*

<u>Aquatic Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Room#</u>	<u>Instructor</u>
Swim Lessons Beg. Level 1	M	01	5:45-6:30pm	\$80	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$80	Therapy	Bjornberg
	TH	03	5:45-6:30pm	\$80	Therapy	Bjornberg
	Sat	04	11:30-12:10pm	\$80	Therapy	Scillufo
Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$80	Therapy	Hefner
	T	02	5:45-6:30pm	\$80	Therapy	Calvin
	TH	03	5-5:45pm	\$80	Therapy	Bajerski
	TH	04	5:45-6:30pm	\$80	Therapy	Scillufo
Swim Lessons Inter. Level 3	M	01	5-5:45pm	\$80	Lap	Hefner
	W	02	5-5:45pm	\$80	Lap	Scillufo
	Sat	03	10:40-11:25am	\$80	Lap	Scillufo
Competitive Youth	M/W	01	5:45-6:30pm	\$120	Lap	Teal
	T/TH	02	5-5:50pm	\$120	Lap	Teal
Parent & Tot - Babies	Sat	01	10-10:40am	\$55	Therapy	Stevens
Parent & Tot – BOTH	F	02	5-5:40pm	\$55	Therapy	Stevens
Advanced Swimming	M/W	01	5-5:45pm	\$55	Lap	G. Burkett/Scillufo
Arthritis Aquatics	MWF	01	9-9:50am	FREE or \$65	Therapy	Szidik
(SilverSneakers Splash)	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	9-9:50am	FREE or \$55	Lap	Szidik
	T/TH	06	10-10:50am	FREE or \$55	Therapy	Szidik
	T/TH	07	5-5:45pm	FREE or \$55	Therapy	Sherwood
Aqua Cross Fitness	T/TH	01	6-6:30pm	\$55	Lap	Teal
Aqua Toning & Aerobics – Shallow	MWF	01	9-9:50am	\$65	Lap	Kuykendall/Stevens
Aqua Toning & Aerobics – Deep	M/W	01	10-10:50am	\$55	Lap	Kuykendall
	T/TH	02	10-10:50am	\$55	Lap	Stevens
Aqua Zumba	Sat	01	10-10:40am	\$45	Lap	Montano
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>
Beyond the Barre	T/TH	01	9:10-9:50am	\$55	Bausch	J222
Body Sculpt	M/W	01	5:30-6:20am	\$55	Salazar	J120
	M/W	02	4:15-5pm	\$55	Thomas	J120
	T/TH	03	5:30-6:20am	\$55	Cannova	J120
Intermediate Yoga	T/TH	01	10-10:50am	\$55	Bausch	J120
Pound	M/W	01	5-5:50pm	\$55	Reimer	J222
Pound Unplugged	TH	01	5-5:30pm	\$45	Reimer	J222
SilverSneakers BOOM Muscle	T/TH	01	11-11:50am	FREE or \$55	Williams	J222
SilverSneakers Circuit	M/W	01	10-10:50am	FREE or \$55	Ragan	J120
SilverSneakers Classic	M-TH	01	8-8:50am	FREE or \$75	Ragan	J120
SilverSneakers Stability	W	01	11:10am-12pm	FREE or \$45	Szidik	J222
SilverSneakers Yoga	T/TH	01	12:10-12:50am	FREE or \$55	Bausch	J120
Stretching & Toning	M-TH	01H	9-9:50am	\$75	Ragan	Z/J120
Tai Chi (SilverSneakers EnerChi)	T/TH	01	11-11:50am	FREE or \$55	Bausch	J120
Total Body with Abs	Sat	01	9:30-10:20am	\$45	Hoistad	J120
Yoga	M/W	01Z	9-9:50am	\$55	Bausch	ZOOM
	T/TH	02	6:30-7:20pm	\$55	Small	J120
Yoga with Chair Assist	M/W	01Z	10:10-11am	\$55	Bausch	ZOOM
Zumba	M/W	01 (begins 10/16!)	11-11:50am	\$55	Abell	J120
	W	02	6-6:50pm	\$45	Anderson	J120

**No Instructor-Led classes will be held on the following Fall 2023 Holidays: September 4th (Labor Day), November 10th (Veteran's Day) and November 22nd-25th (Thanksgiving Break), UNLESS you are notified otherwise by your instructor.*