

Logan Fitness Classes by Category

High Intensity Classes

Advanced Swimming

Aqua Cross Fitness

Body Sculpt

Total Body with Abs

Yoga/Stretching/Relaxation

Intermediate Yoga

Stretching & Toning

Tai Chi (SilverSneakers EnerChi)

Yoga

Yoga with Chair Assist

Dance/Music Classes

Aqua Zumba

Beyond the Barre

Pound

Pound Unplugged

SilverSneakers BOOM Move

Zumba

Senior Citizen Classes

Arthritis Aquatics/SS Splash

SilverSneakers BOOM Muscle

SilverSneakers Circuit

SilverSneakers Classic

SilverSneakers Stability

SilverSneakers Yoga

Tai Chi (SilverSneakers EnerChi)

Yoga with Chair Assist

Aerobics Classes

Aqua Toning & Aerobics–Deep

Aqua Toning & Aerobics–Shallow

Body Sculpt

Post-Injury Aquatic Strength & Conditioning

SilverSneakers BOOM Muscle

Total Body with Abs

Swim Lessons

Parent & Tot – Babies

Parent & Tot - BOTH

Swim Lessons Beg. Level 1

Swim Lessons Beg. Level 2

Swim Lessons Inter. Level 3

Competitive Youth

Morning Classes

5:30 AM

Body Sculpt

8:00 AM

SilverSneakers Classic

9:00 AM

Aqua Toning & Aerobics–Shallow

Arthritis Aquatics/SS Splash

Stretching & Toning

Yoga

9:10 AM

Beyond the Barre

10:00 AM

Aqua Toning & Aerobics–Deep

Arthritis Aquatics/SS Splash

Intermediate Yoga

SilverSneakers Circuit

10:10 AM

Yoga with Chair Assist

Lunchtime Classes

11:00 AM

SilverSneakers BOOM Muscle

Tai Chi (SilverSneakers EnerChi)

Zumba-beg. 10/16!

11:10 AM

SilverSneakers Stability

12:10 PM

SilverSneakers Yoga

Evening Classes

4:00 PM

Arthritis Aquatics/SS Splash

4:15 PM

Body Sculpt

5:00 PM

Advanced Swimming

Arthritis Aquatics/SS Splash

Competitive Youth

Parent & Tot - BOTH

Post-Injury Aquatic Strength & Conditioning

Pound

Pound Unplugged

Swim Lessons Beg. Level 2

Swim Lessons Inter. Level 3

5:45PM

Swim Lessons Beg. Level 1

Swim Lessons Beg. Level 2

Competitive Youth

6:00 PM

Aqua Cross Fitness

Zumba

6:30 PM

Yoga

Weekend Classes

Aqua Zumba

Parent & Tot - Babies

Swim Lessons Beg. Level 1

Swim Lessons Inter. Level 3

Total Body with Abs