

# Logan Fitness Classes by Category

## High Intensity Classes

Advanced Swimming

All In Fitness

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

Beyond the Barre

Pound

Pound Unplugged

Zumba

## Senior Citizen Classes

Arthritis Aquatics/SS Splash

SilverSneakers Circuit

SilverSneakers Classic

SilverSneakers Stability

SilverSneakers Yoga

Tai Chi (SilverSneakers EnerChi)

Yoga with Chair Assist

## Aerobics Classes

All In Fitness

Aqua Toning & Aerobics–Deep

Aqua Toning & Aerobics–Shallow

Body Sculpt

Post-Injury Aquatic Strength & Conditioning

Total Body with Abs

## Swim Lessons

Parent & Tot – Babies

Parent & Tot – BOTH

Parent & Tot - Toddlers

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-ZOOM

**9:10 AM**

SilverSneakers Yoga

**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**

Tai Chi (SilverSneakers EnerChi)

Zumba

**11:10 AM**

SilverSneakers Stability

**12:10 PM**

Beyond the Barre

## 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

All In Fitness

Parent & Tot – Babies

Parent & Tot - Toddlers

Swim Lessons Beg. Level 1

Swim Lessons Beg. Level 2

Swim Lessons Inter. Level 3

Total Body with Abs