



**Fall 2024**  
**Fitness & Aquatics Classes**  
**At-A-Glance**  
**CLASSES BEGIN August 19<sup>th</sup>**

**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  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4:30pm Body Sculpt  
4:30pm Pickleball Clinic – Beg. 9/23  
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  
6pm Disc Golf – Beg. 10/14

**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 SilverSneakers Yoga

10am Arthritis Aquatics (Silver  
Sneakers Splash)  
10am Aqua Toning & Aerobics-Deep  
10am Intermediate Yoga  
11am Tai Chi (SilverSneakers  
EnerChi)  
NEW! 12:10pm SS Muscle/MOVE  
4:15pm Body Sculpt  
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 Stretching & Toning

**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  
11:10am SilverSneakers Stability  
4pm Arthritis Aquatics  
(SilverSneakers Splash)  
4:30pm Body Sculpt  
5pm Swim Lesson Level 3  
5pm Advanced Swimming  
5pm Post-Injury Aquatic  
Strength & Conditioning  
5pm Pound  
5:45pm Competitive Youth Swim

**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 SilverSneakers Yoga  
10am Arthritis Aquatics  
(SilverSneakers Splash)  
10am Aqua Toning & Aerobics-Deep  
10am Intermediate Yoga  
11am Tai Chi (SilverSneakers  
EnerChi)  
NEW! 12:10pm SS Muscle/MOVE  
4:15pm Body Sculpt  
5pm Competitive Youth Swim  
5pm Arthritis Aquatics  
(SilverSneakers Splash)  
5pm Pound Unplugged  
5:45pm Swim Lesson Level 2  
6pm Aqua Cross Fitness  
6:30pm Stretching & Toning

**FRIDAY**

9am Arthritis Aquatics  
(SilverSneakers Splash)  
9am Aqua Toning & Aerobics-Shallow  
9am SilverSneakers Classic  
10am Arthritis Aquatics  
(SilverSneakers Splash)  
4pm Arthritis Aquatics  
(SilverSneakers Splash)

**SATURDAY**

NEW! 8am Boot Camp  
New! 9am Boot Camp  
10am Parent & Tot - Babies  
10:45am Swim Level 3  
10:45am Parent & Tot - Toddlers  
11:35am Swim Lessons Level 1  
12:20pm Swim Lessons Level 2

**Lifeguard classes:**

**CERT Begins:**

**October, 29<sup>th</sup>**

**Re-CERT Begins:**

**October 15th**

**\*\*\*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. 8328, 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> |
|--------------------------------------------------|-------------|----------------|---------------|--------------|--------------|-------------------|
| <b>Swim Lessons Beg. Level 1</b>                 | M           | 01             | 5:45-6:30pm   | \$80         | Therapy      | Hefner            |
|                                                  | T           | 03             | 5:45-6:30pm   | \$80         | Therapy      | Bjornberg         |
|                                                  | Sa          | 05             | 11:35-12:15pm | \$80         | Therapy      | G. Burkett        |
| <b>Swim Lessons Beg. Level 2</b>                 | M           | 01             | 5:45-6:30pm   | \$80         | Therapy      | G. Burkett        |
|                                                  | T           | 02             | 5:45-6:30pm   | \$80         | Therapy      | G. Burkett        |
|                                                  | TH          | 04             | 5:45-6:30pm   | \$80         | Therapy      | Scillufo          |
|                                                  | Sa          | 05             | 12:20-1pm     | \$80         | Therapy      | G. Burkett        |
| <b>Swim Lessons Inter. Level 3</b>               | M           | 01             | 5-5:45pm      | \$80         | Lap          | G. Burkett        |
|                                                  | W           | 02             | 5-5:45pm      | \$80         | Lap          | Scillufo          |
|                                                  | Sa          | 03             | 10:45-11:30am | \$80         | Lap          | G. Burkett        |
| <b>Competitive Youth</b>                         | M/W         | 01             | 5:45-6:30pm   | \$120        | Lap          | Teal              |
|                                                  | T/TH        | 02             | 5-5:50pm      | \$120        | Lap          | Teal              |
| <b>Parent &amp; Tot - Babies</b>                 | Sa          | 02             | 10-10:40am    | \$55         | Therapy      | Staff             |
| <b>Parent &amp; Tot - Toddlers</b>               | Sa          | 03             | 10:45-11:25am | \$55         | Therapy      | Staff             |
| <b>Advanced Swimming</b>                         | M/W         | 01             | 5-5:45pm      | \$55         | Lap          | E Burkett         |
| <b>Arthritis Aquatics</b>                        | MWF         | 01             | 9-9:50am      | \$65         | Therapy      | Szidik            |
| <b>(SilverSneakers Splash)</b>                   | MWF         | 02             | 10-10:50am    | \$65         | Therapy      | Szidik            |
|                                                  | MWF         | 03             | 4-4:50pm      | \$65         | Therapy      | Stevens           |
|                                                  | T/TH        | 04             | 9-9:50am      | \$55         | Therapy      | Fosse             |
|                                                  | T/TH        | 05             | 9-9:50am      | \$55         | Lap          | Szidik            |
|                                                  | T/TH        | 06             | 10-10:50am    | \$55         | Therapy      | Szidik            |
|                                                  | T/TH        | 07             | 5-5:45pm      | \$55         | Therapy      | Sherwood          |
|                                                  | MWF         | 01             | 9-9:50am      | \$65         | Lap          | Fosse             |
| <b>Aqua Aerobics–Shallow</b>                     | M/W         | 01             | 10-10:50am    | \$55         | Lap          | Kuykendall        |
| <b>Aqua Aerobics–Deep</b>                        | T/TH        | 02             | 10-10:50am    | \$55         | Lap          | Stevens           |
|                                                  | T/TH        | 01             | 6-6:30pm      | \$55         | Lap          | Teal              |
| <b>Aqua Cross Fitness</b>                        | T/TH        | 01             | 6-6:30pm      | \$55         | Lap          | Teal              |
| <b>Post-Injury Aquatic Strength/Conditioning</b> | M/W         | 01             | 5-5:45pm      | \$55         | Therapy      | Skinner           |

*Lifeguard CERT classes begin on October 29<sup>th</sup> and December 4<sup>th</sup>, Lifeguard Re-CERT classes begin on October 15<sup>th</sup>.*

| <u>Fitness Classes</u>            | <u>Days</u> | <u>Section</u> | <u>Times</u>  | <u>Price</u> | <u>Instructor</u> | <u>Room#</u> |
|-----------------------------------|-------------|----------------|---------------|--------------|-------------------|--------------|
| <b>Body Sculpt</b>                | M/W         | 01             | 5:30-6:20am   | \$55         | Salazar           | J120         |
|                                   | M/W         | 02             | 4:30-5:15pm   | \$55         | Staff             | J120         |
|                                   | T/TH        | 03             | 5:30-6:20am   | \$55         | Cannova           | J120         |
|                                   | T/TH        | 04             | 4:15-5pm      | \$55         | Hoistad           | J120         |
| <b>Boot Camp</b>                  | Sa          | 01             | 8-8:50am      | \$55         | Thompson          | J120         |
|                                   | Sa          | 02             | 9-9:50am      | \$55         | Thompson          | J120         |
| <b>Intermediate Yoga</b>          | T/TH        | 01             | 10-10:50am    | \$55         | Bausch            | J120         |
| <b>Pound</b>                      | M/W         | 01             | 5-5:50pm      | \$55         | Reimer            | J222         |
| <b>Pound Unplugged</b>            | TH          | 01             | 5-5:30pm      | \$45         | Reimer            | J222         |
| <b>SilverSneakers Circuit</b>     | M/W         | 01             | 10-10:50am    | FREE or \$55 | Ragan             | J120         |
| <b>SilverSneakers Classic</b>     | M-TH        | 01             | 8-8:50am      | FREE or \$75 | Ragan             | J120         |
| <b>SilverSneakers Muscle/Move</b> | T/TH        | 01             | 12:10-12:50pm | FREE or \$55 | Bausch            | J120         |
| <b>SilverSneakers Stability</b>   | W           | 01             | 11:10am-12pm  | FREE or \$45 | Szidik            | J222         |
| <b>SilverSneakers Yoga</b>        | T/TH        | 01             | 9:10-9:50am   | FREE or \$55 | Bausch            | J222         |
| <b>Stretching &amp; Toning</b>    | M-TH        | 01H            | 9-9:50am      | \$75         | Ragan             | Z/J120       |
|                                   | T/TH        | 02             | 6:30-7:20pm   | \$55         | Small             | J120         |
| <b>Tai Chi/SS EnerChi</b>         | T/TH        | 01             | 11-11:50am    | FREE or \$55 | Bausch            | J120         |
| <b>Yoga</b>                       | M/W         | 01Z            | 9-9:50am      | \$55         | Bausch            | ZOOM         |
| <b>Yoga with Chair Assist</b>     | M/W         | 01Z            | 10:10-11am    | \$55         | Bausch            | ZOOM         |
| <b>Zumba</b>                      | M/W         | 01             | 11-11:50am    | \$55         | Abell             | J120         |

Section A class dates – August 19<sup>th</sup> through October 12<sup>th</sup>

Section B class Dates – October 14<sup>th</sup> through December 14<sup>th</sup>

*\*No Instructor-Led classes will be held on the following Fall 2024 Holidays: Monday, September 2<sup>nd</sup> – Labor Day, Monday, November 11<sup>th</sup> – Veteran's Day and Monday through Saturday November 25<sup>th</sup>-30<sup>th</sup>, Thanksgiving., UNLESS you are notified otherwise by your instructor.*