

Logan Fitness Classes by Category

High Intensity Classes

Advanced Swimming
Aqua Cross Fitness
Body Sculpt
Boot Camp

Yoga/Stretching/Relaxation

Intermediate Yoga
Stretching & Toning
Tai Chi (SilverSneakers EnerChi)
Yoga
Yoga with Chair Assist

Dance/Music Classes

Pound
Pound Unplugged
SilverSneakers Muscle/MOVE
Zumba

Senior Citizen Classes

Arthritis Aquatics/SS Splash
SilverSneakers Circuit
SilverSneakers Classic
SilverSneakers Muscle/MOVE
SilverSneakers Stability
SilverSneakers Yoga
Tai Chi (SilverSneakers EnerChi)
Yoga with Chair Assist

Aerobics Classes

Aqua Toning & Aerobics–Deep
Aqua Toning & Aerobics–Shallow
Body Sculpt
Boot Camp
Post-Injury Aquatic Strength & Conditioning

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 Swim

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 AM

SilverSneakers Muscle/MOVE

Evening Classes

4:00 PM
Arthritis Aquatics/SS Splash
4:15 PM
Body Sculpt
4:30 PM
Body Sculpt
Beginner Pickleball Clinic
5:00 PM
Advanced Swimming
Arthritis Aquatics/SS Splash
Competitive Youth Swim
Post-Injury Aquatic Strength & Conditioning
Pound
Pound Unplugged
Swim Lessons Inter. Level 3
5:45PM
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Competitive Youth Swim
6:00 PM
Aqua Cross Fitness
Disc Golf for Beginners
6:30 PM
Stretching & Toning

Weekend Classes

Boot Camp
Parent & Tot – Babies
Parent & Tot - Toddlers
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Swim Lessons Inter. Level 3