

# Logan Fitness Classes by Category

## High Intensity Classes

Aqua Cross Fitness  
Body Sculpt  
Boot Camp

## Yoga/Stretching/Relaxation

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

## Dance/Music Classes

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

## Swim Lessons

Parent & Tot – Babies  
Parent & Tot – Toddlers  
Parent & Tot - Both  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3  
Competitive Youth Swim  
Adult Beginner Swimming

## Morning Classes

**5:30 AM**  
Body Sculpt

**8:00 AM**  
SilverSneakers Classic

**9:00 AM**  
Aqua Aerobics–Shallow  
Arthritis Aquatics/SS Splash  
Stretching & Toning  
Yoga (Zoom)

**9:10 AM**  
SilverSneakers Yoga

**10:00 AM**  
Aqua Aerobics–Deep  
Arthritis Aquatics/SS Splash  
Intermediate Yoga  
SilverSneakers Circuit

**10:10 AM**  
Yoga with Chair Assist (Zoom)

## Lunchtime Classes

**11:00 AM**  
Tai Chi (SilverSneakers EnerChi)  
Zumba

**11:10 AM**  
SilverSneakers Stability

**12:00 PM**  
Beyond the Barre

## Evening Classes

**4:00 PM**  
Arthritis Aquatics/SS Splash

**4:30 PM**  
Body Sculpt

**5:00 PM**  
Arthritis Aquatics/SS Splash  
Competitive Youth Swim

Fitness Swim Training  
Parent & Tot - Both  
Post-Injury Aquatic Strength & Conditioning  
Pound  
Pound Unplugged  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3

**5:45PM**  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Competitive Youth Swim

**5:50PM**  
Adult Beginner Swimming

**6:00 PM**  
Aqua Cross Fitness

## Weekend Classes

Body Sculpt Saturday Drop-Ins  
Boot Camp  
Parent & Tot – Babies  
Parent & Tot - Toddlers  
Swim Lessons Beg. Level 1  
Swim Lessons Beg. Level 2  
Swim Lessons Inter. Level 3