



Spring 2026 Fitness & Aquatics Classes At-A-Glance Classes Begin January 12th

MONDAY

8am SilverSneakers Classic
9am Arthritis Aquatics
9am Aqua Aerobics-Shallow
9am Stretching & Toning (Both Online and In-Person)
9am Yoga (Zoom)
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am SilverSneakers Classic
10:10am Yoga W/Chair Assist (Zoom)
11am Zumba
4pm Arthritis Aquatics
4:30pm Body Sculpt
5pm Swim Lessons Level 3
5pm Post-Injury Aquatic Strength & Conditioning
5pm Pound
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
5:45pm Competitive Youth Swim

TUESDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics
9am Arthritis Aquatics – Lap Pool
9am Stretching & Toning (Both Online and In-Person)
9:10am Muscle Hard Dance Lite
10am Arthritis Aquatics
10am Aqua Aerobics - Deep
10am Intermediate Yoga
11am Tai Chi
12pm Yoga with Chair Assist

5pm Arthritis Aquatics
5pm Competitive Youth Swim
5pm Swim Lessons Level 1
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
5:50pm Adult Beginner Swimming
6pm Aqua Cross Fitness

WEDNESDAY

8am SilverSneakers Classic
9am Arthritis Aquatics
9am Aqua Aerobics – Shallow
9am Stretching & Toning (Both Online and In-Person)
9am Yoga (Zoom)
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am SilverSneakers Classic
10:10am Yoga W/ Chair Assist (Zoom)
11am Zumba
11:10am Stability
4pm Arthritis Aquatics
4:30pm Body Sculpt
5pm Fitness Swim Training
5pm Swim Lessons Level 3
5pm Post-Injury Aquatic Strength & Conditioning
5pm Pound
5:30pm Zumba
5:45pm Competitive Youth Swim

THURSDAY

5:30am Body Sculpt
8am SilverSneakers Classic
9am Arthritis Aquatics

9am Arthritis Aquatics - Lap Pool
9am Stretching & Toning (Both Online and In-Person)
9:10am Muscle Hard Dance Lite
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am Intermediate Yoga
11am Tai Chi
12pm Yoga with Chair Assist
5pm Arthritis Aquatics
5pm Competitive Youth Swim
5pm Flashback Fitness (A Section Only)
5pm Pound Unplugged
5pm Swim Lessons Level 2
5:45pm Swim Lessons Level 1
5:45pm Swim Lessons Level 2
5:45pm Swim Lessons Level 3
6pm Aqua Cross Fitness

FRIDAY

8:00am SilverSneakers Classic
9am Arthritis Aquatics
9am Aqua Aerobics – Shallow
10am Arthritis Aquatics
4pm Arthritis Aquatics
5pm Parent & Tot – Both

SATURDAY

9am Boot Camp
10am Parent & Tot – Babies
10:15am Body Sculpt Drop-in (some dates)
10:45am Parent & Tot - Toddlers
10:45am Swim Lessons Level 3
11:35am Swim Lessons Level 1
12:20pm Swim Lessons Level 2

Lifeguard classes:

Certification Begins: TBA

Re-Certification Begins: TBA

You do not have to be a member to take a class at Logan Fitness!

You can register in-person at Logan Fitness, by phone at 618-985-2828 ext. 8328, or online at fusion.jalc.edu/program

<u>Aquatic Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Pool</u>	<u>Instructor</u>
Swim Lessons Beg. Level 1	M	01	5:45-6:30pm	\$80	Therapy	Stevens
	T	02	5:00-5:45pm	\$80	Therapy	Harwood
	T	03	5:45-6:30pm	\$80	Therapy	(A) Harwood (B) Bjornberg
	Th	04	5:45-6:30pm	\$80	Therapy	(A) Scillufo (B) Bjornberg
	Sa	05	11:35-12:15pm	\$80	Therapy	Vandenberg
Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$80	Therapy	(A) Shea (B) Burkett
	T	02	5:45-6:30pm	\$80	Therapy	Valdez
	TH	03	5:00-5:45pm	\$80	Therapy	Shea
	TH	04	5:45-6:30pm	\$80	Therapy	(A) Harwood (B) Dill
	Sa	05	12:20-1:00pm	\$80	Therapy	Vandenberg
Swim Lessons Inter. Level 3	M	01	5:00-5:45pm	\$80	Lap	(A) Shea (B) Burkett
	W	02	5:00-5:45pm	\$80	Lap	Scillufo
	TH	03	5:45-6:30pm	\$80	Lap	Shea
	Sa	04	10:45-11:30am	\$80	Lap	Vandenberg
	M/W	01	5:45-6:30pm	\$120	Lap	Teal
Competitive Youth	T/TH	02	5:00-5:50pm	\$120	Lap	Teal
	F	01	5:00-5:40pm	\$55	Therapy	Stevens
Parent & Tot – Both	Sa	02	10:00-10:40am	\$55	Therapy	Staff
Parent & Tot - Babies	Sa	03	10:45-11:25am	\$55	Therapy	Staff
Parent & Tot - Toddlers	T	01	5:50-6:30pm	\$45	Lap	Shea
Adult Beginner Swimming	MWF	01	9:00-9:50am	\$72	Therapy	Szidik
Arthritis Aquatics	MWF	02	10:00-10:50am	\$72	Therapy	Szidik
	MWF	03	4:00-4:50pm	\$72	Therapy	Stevens
	T/TH	04	9:00-9:50am	\$64	Therapy	Hensley
	T/TH	05	9:00-9:50am	\$64	Lap	Szidik
	T/TH	06	10:00-10:50am	\$64	Therapy	Szidik
	T/TH	07	5:00-5:45pm	\$64	Therapy	Sherwood
	MWF	01	9:00-9:50am	\$72	Lap	Hensley
Aqua Aerobics – Shallow	M/W	01	10:00-10:50am	\$64	Lap	Kuykendall
Aqua Aerobics – Deep	T/TH	02	10:00-10:50am	\$64	Lap	Stevens
Aqua Cross Fitness	T/TH	01	6:00-6:30pm	\$55	Lap	Teal
Fitness Swim Training	W	01	5:00-5:45pm	\$55	Lap	Shea
Post-Injury Aquatic Strength/Conditioning	M/W	01	5:00-5:45pm	\$64	Therapy	Skinner

<u>Fitness Classes</u>	<u>Days</u>	<u>Section</u>	<u>Times</u>	<u>Price</u>	<u>Instructor</u>	<u>Room#</u>
Body Sculpt	M/W	01	4:30-5:15pm	\$64	Thomas	J222
	T/TH	02	5:30-6:20am	\$64	Cannova	J222
Boot Camp	Sa	01	9:00-9:50am	\$45	Staff	J222
Flashback Fitness (A Section Only)	TH	01	5:00-6:00pm	\$45	Marks	J222
Intermediate Yoga	T/TH	01	10:00-10:50am	\$64	Bausch	J222
Muscle Hard Dance Lite	T/TH	01	9:10-9:50am	\$64	Bausch	J224
Pound	M/W	01	5:00-5:50pm	\$64	Reimer	J224
Pound Unplugged	TH	01	5:00-5:30pm	\$45	Reimer	J224
SilverSneakers Classic	M-TH	01	8:00-8:50am	FREE or \$75	Ragan	J222
	M/W	02	10:00-10:50am	FREE or \$64	Ragan	J222
	F	03	8:00-8:50am	FREE or \$45	Hensley	J222
Stability	W	01	11:10am-12pm	\$45	Szidik	J224
Stretching & Toning	M-TH	01H	9:00-9:50am	\$75	Ragan	Z/J222
Tai Chi	T/TH	01	11:00-11:50am	\$64	Bausch	J222
Yoga	M/W	01Z	9:00-9:50am	\$64	Bausch	Zoom
Yoga with Chair Assist	M/W	01Z	10:10-11:00am	\$64	Bausch	Zoom
	T/TH	02	12-12:40pm	\$64	Bausch	J222
Zumba	M/W	01	11:00-11:50am	\$64	Abell	J222
	W	02	5:30-6:20pm	\$45	Anderson	J222

(01A will begin on 1/26/26, but will meet on February 16th (President's Day), March 9th, and March 11th)

Section A Class Dates: January 12th through March 7th

Section B Class Dates: March 16th through May 9th

No Instructor-led classes will be held on the following Spring 2026 holidays, unless you are notified otherwise by your instructor: Monday, January 19th (MLK Day), Monday, February 16th (President's Day), Friday, April 3rd (Good Friday), and Saturday, April 4th (Easter Weekend)