

Logan Fitness Classes by Category

High Intensity Classes

Aqua Cross Fitness
Body Sculpt
Boot Camp

Yoga/Stretching/Relaxation

Intermediate Yoga
Stretching & Toning
Tai Chi
Yoga
Yoga with Chair Assist

Dance/Music Classes

Flashback Fitness (A Section Only)
Muscle Hard Dance Lite
Pound
Pound Unplugged
Zumba

Senior Citizen Classes

Arthritis Aquatics
SilverSneakers Classic
Stability
Tai Chi
Yoga with Chair Assist

Aerobics Classes

Aqua Aerobics – Shallow
Aqua Aerobics – Deep
Body Sculpt
Boot Camp
Flashback Fitness
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
Boot Camp
Stretching & Toning
Yoga (Zoom)

9:10 AM
Muscle Hard Dance Lite

10:00 AM
Aqua Aerobics – Deep
Arthritis Aquatics
Intermediate Yoga
Parent & Tot – Babies
SilverSneakers Classic

10:10 AM
Yoga with Chair Assist (Zoom)

Lunchtime Classes

11:00 AM
Tai Chi
Zumba

11:10 AM
Stability

12:00 PM
Yoga with Chair Assist

Evening Classes

4:00 PM
Arthritis Aquatics

4:30 PM
Body Sculpt

5:00 PM

Arthritis Aquatics
Competitive Youth Swim
Fitness Swim Training
Flashback Fitness
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

5:30PM
Zumba

5:45PM
Competitive Youth Swim
Swim Lessons Beg. Level 1
Swim Lessons Beg. Level 2
Swim Lessons Inter. Level 3

5:50PM
Adult Beginner Swimming

6:00 PM
Aqua Cross Fitness

Saturday 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