



Fall 2026
Fitness & Aquatics Classes
At-A-Glance
Classes Begin August 17

MONDAY

8am SilverSneakers Classic
9am Arthritis Aquatics
9am Aqua Aerobics-Shallow
9am Stretching & Toning
9am Yoga with Chair Assist
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am SilverSneakers Classic
11am Zumba
4pm Arthritis Aquatics
4:30pm Body Sculpt
4:45pm Fitness Swim Training
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
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am Yoga
11am Tai Chi
5pm Arthritis Aquatics
5pm Competitive Youth Swim

5pm Swim Lessons Level 1
5pm Walking, Weights, &
Worship
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
9:00am Stability
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am SilverSneakers Classic
11am Zumba
11:10am Stability (02B section)
4pm Arthritis Aquatics
4:30pm Body Sculpt
4:45pm 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
10am Arthritis Aquatics
10am Aqua Aerobics – Deep
10am Yoga
11am Tai Chi
5pm Arthritis Aquatics
5pm Competitive Youth Swim
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

9am Arthritis Aquatics
9am Aqua Aerobics – Shallow
10am Arthritis Aquatics
4pm Arthritis Aquatics
5pm Parent & Tot – Both

SATURDAY

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	G. Burkett
	T	03	5:45-6:30pm	\$80	Therapy	Bjornberg
	Th	04	5:45-6:30pm	\$80	Therapy	Harwood
	Sa	05	11:35-12:15pm	\$80	Therapy	Vandenberg
Swim Lessons Beg. Level 2	M	01	5:45-6:30pm	\$80	Therapy	G. Burkett
	T	02	5:45-6:30pm	\$80	Therapy	G. Burkett
	TH	03	5:00-5:45pm	\$80	Therapy	Bullar
	TH	04	5:45-6:30pm	\$80	Therapy	Ciechanski
	Sa	05	12:20-1:00pm	\$80	Therapy	Vandenberg
Swim Lessons Inter. Level 3	M	01	5:00-5:45pm	\$80	Lap	G. Burkett
	W	02	5:00-5:45pm	\$80	Lap	Scillufo
	TH	03	5:45-6:30pm	\$80	Lap	E. Burkett
	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	Shea
Parent & Tot – Both	F	01	5:00-5:40pm	\$55	Therapy	Stevens
Parent & Tot - Babies	Sa	02	10:00-10:40am	\$55	Therapy	(A)G. Burkett
						(B) Bullar
Parent & Tot - Toddlers	Sa	03	10:45-11:25am	\$55	Therapy	(A)G. Burkett
						(B) Bullar
Adult Beginner Swimming	T	01	5:50-6:30pm	\$45	Lap	E. Burkett
Arthritis Aquatics	MWF	01	9:00-9:50am	\$72	Therapy	(A) Hoffman
						(B) Szidik
	MWF	02	10:00-10:50am	\$72	Therapy	(A) Hoffman
						(B) Szidik
	MWF	03	4:00-4:50pm	\$72	Therapy	Stevens
	T/TH	04	9:00-9:50am	\$64	Therapy	Hoffman
	T/TH	05	9:00-9:50am	\$64	Lap	(A) Carlton
						(B) Szidik
Aqua Aerobics – Shallow	T/TH	06	10:00-10:50am	\$64	Therapy	(A) Ragan
						(B) Szidik
Aqua Aerobics – Deep	T/TH	07	5:00-5:45pm	\$64	Therapy	Sherwood
	MWF	01	9:00-9:50am	\$72	Lap	Stevens
Aqua Cross Fitness	M/W	01	10:00-10:50am	\$64	Lap	Kuykendall
	T/TH	02	10:00-10:50am	\$64	Lap	Stevens
Fitness Swim Training	T/TH	01	6:00-6:30pm	\$55	Lap	Teal
Post-Injury Aquatic Strength/Conditioning	M/W	01	4:45-5:45pm	\$64	Lap	McCluskie
	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
	(Section 01B: will start on 10/26 and go through 12/23)					
Body Sculpt Drop-in	T/TH	02	5:30-6:20am	\$64	Cannova	J222
	Sa	01	10:15-11:00am	FREE or \$10	Thomas	J222
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
Stability	W	01	9:00-9:50am	\$45	(A) Renshaw	J224
		02B	11:10am-12pm	\$45	(B) Szidik	J224
Stretching & Toning	M-TH	01	9:00-9:50am	\$75	Ragan	J222
Tai Chi	T/TH	01	11:00-11:50am	\$64	McKinney	J222
Walking, Weights, & Worship	T	01	5:00-5:50pm	\$45	Marks	J222
Yoga	T/TH	01	10:00-10:50am	\$64	McKinney	J222
Yoga with Chair Assist	M	01	9:00-9:50am	\$45	Renshaw	J224
Zumba	M/W	01	11:00-11:50am	\$64	Abell	J222
	(Section 01A: No Class September 1 - 15)					
	W	02	5:30-6:20pm	\$45	Anderson	J222

Section A Class Dates: August 17th through October 10th Section B Class Dates: October 12th through December 12th

No Instructor-led classes will be held on the following Fall 2026 holidays, unless you are notified otherwise by your instructor:

Monday, September 7th (Labor Day), Wednesday, November 11th (Veteran's Day), and November 22-28th (Thanksgiving Break)

Body Sculpt Drop-in Classes are FREE for Logan Fitness Members and \$10 for non-members. SilverSneakers Classic Classes are FREE for SilverSneakers members or may be taken for the respective fee by all other participants.