

Logan Fitness Classes by Category

High Intensity Classes

Body Sculpt

Yoga/Stretching/Relaxation

Stretching & Toning

Tai Chi

Yoga

Yoga with Chair Assist

Dance/Music Classes

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

Post-Injury Aquatic Strength & Conditioning

Walking, Weights, & Worship

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

Fitness Swim Training

Morning Classes

5:30 AM

Body Sculpt

8:00 AM

SilverSneakers Classic

9:00 AM

Aqua Aerobics – Shallow

Arthritis Aquatics

Stretching & Toning

Yoga with Chair Assist

Stability

10:00 AM

Aqua Aerobics – Deep

Arthritis Aquatics

Yoga

Parent & Tot – Babies

SilverSneakers Classic

10:45 AM

Parent & Tot - Toddlers

Lunchtime Classes

11:00 AM

Tai Chi

Zumba

11:10 AM

Stability (02B section)

12:00 PM

Yoga with Chair Assist

Evening Classes

4:00 PM

Arthritis Aquatics

4:30 PM

Body Sculpt

4:45 PM

Fitness Swim Training

5:00 PM

Arthritis Aquatics

Competitive Youth Swim

Walking, Weights, & Worship

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

Parent & Tot – Babies

Parent & Tot – Toddlers

Swim Lessons Beg. Level 1

Swim Lessons Beg. Level 2

Swim Lessons Inter. Level 3