



# \$2 per Aerobic Class

\$20 for Unlimited One Month Pass

\$25 for Unlimited One Month+Facility Use

\$15 for Active Adult Unlimited One Month Pass

Aerobics included in all Community Recreation Center Passes

PARKS & RECREATION

# GROUP FITNESS AEROBICS

## AT THE LOGAN COMMUNITY RECREATION CENTER

CENTRAL LOCATION

GREAT VARIETY

LOW PRICE

| Time              | Monday   | Tuesday             | Wednesday  | Thursday  | Friday                          | Saturday                                  |
|-------------------|--|---------------------|--|---|---------------------------------|---|
| 5:45 am           | Cardio Step & Stretch (SY)<br>Boot Camp (SC)<br>(Upstairs Track) | Power Toning (SC)   | Step, Strength & Stretch (SY)<br>PiYo (AH)<br>(Downstairs) | Power Toning (SC)                                   | Bags Class (SC)<br>(Downstairs) |   |
| 6:30 am           |  |                     |  |   | High Fitness (HC)               |   |
| 8:15 am           | Step, Strengthen, & Stretch (DW)                                 | Yoga/Pilates (DW)   | Wacky Wednesday (DW)                                       | Muscle Conditioning (DW)                            | Anti-Age (VC)                   |   |
| 8:30 am           |  |                     |  |   |                                 | Zumba (JS/JG)<br>Kids Fitness Club (JW)   |
| 9:30 am           |  |                     |  |   |                                 | Yoga (CD/DA/DS)<br>Kids Fitness Club (JW) |
| 10:30 am-12:00 pm |  |                     |  |   |                                 | Anti-Age Plus (EH/VC)                     |
| 12:00 noon        | Yoga (CD)  | Zumba (JG)          | Yoga (CD)  | Zumba (JG)  | Kundalini Yoga (GW)             |   |
| 5:30 pm           | Yoga Flow (RF)   | HIIT (AH)           | Strong By Zumba (EH/VC)                                    | Power Tone (LH)<br>HIIT W/Bags (AH)<br>(Downstairs) | Strong By Zumba (EH/VC)         |   |
| 6:30 pm           | Power Toning (LH)  | Zumba (VC)          | Anti-Age (VC)  | Zumba (VC)  |                                 |   |
| 7:30 pm           | Yoga (DS)  | Yoga (CD)           | Yoga (DA)  | Yoga Intermediate 7:30-9:00 pm (CD)                 |                                 |   |
| 8:30 pm           | Step & Sculpt (KS)   | Hip Hop Cardio (JS) | Zumba (JS)<br>Bags Class (SC)<br>(Downstairs)              |   |                                 |   |

AH = Ali Harrison  
BH = Brandi Horman  
CD = Chelsea Despain  
DA = Debbie Andrew  
DS = Dianna Schaffer  
DW = Dorothy Watts  
EH = Ella Heap  
GW = Greta Ward (Sub)  
HC = Heidi Carlston

JS = Jennifer Schmidt  
JW = JJ Whicker  
JG = Joyce Gardner  
KS = Kellie Stewart  
LH = Lauren Howell  
RF = Reina Forsythe  
SC = Shauna Carter  
SY = Shauna Young  
VC = Vera Carlson

**Fitness classes from 5:45 am to 8:30 pm Monday through Saturday. Classes to accommodate all fitness levels and age groups. Call or come by and sign up TODAY!**  
Schedule Subject to Change

Sponsored by Logan Parks and Recreation Department ■ 195 South 100 West, Logan ■ (435) 716-9250

(March 7, 2018)

**Ali Harrison**

**Tues. 5:30PM—HITT—HIIT**, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Using your body weight as resistance, this workout results in optimal muscle building coupled with fat loss and increased caloric burn.

**Wed. 5:45AM (Downstairs)—PiYo—Pilates and Yoga.** This unique class is designed to build strength and gain flexibility. The moves fit perfectly together to form a class with intense choreography that will make you sweat! It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**Thurs. 5:30PM—HITT W/Bags (Downstairs)—HIIT**, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Using your body weight as resistance, and bags this workout results in optimal muscle building coupled with fat loss and increased caloric burn.

**Chelsea Despain**

**Mon. 12:00NOON—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration.

**Tues. 7:30PM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration.

**Wed. 12:00NOON—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration.

**Thurs. 7:30-9:00PM—Yoga Intermediate**—A great yoga class for the more advanced.

**Sat. 9:30AM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration. This class alternates instructors.

**Debbie Andrew**

**Wed.—7:30PM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration.

**Sat. 9:30AM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration. This class alternates instructors.

**Dianna Schaffer**

**Mon.—7:30PM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration.

**Sat. 9:30AM—Yoga**—A great yoga class where we go through a series of poses that will challenge the body and mind. The class will help enhance strength, balance, flexibility, and concentration. This class alternates instructors.

**Dorothy Watts**

**Mon. 8:15AM—Step, Strengthen, & Stretch**—30 minutes of step and 30 minutes of strength and stretch.

**Tues. 8:15AM—Yoga/Pilates**—The first 20 minutes is more active flowing series of yoga movements to warm up and stimulate cardio conditioning. Then we combine Hatha yoga and pilates to increase strength, flexibility, and balance. We finish with 10 minutes of relaxation.

**Wed. 8:15AM—Wacky Wednesday**—Each week you can expect a different workout. Double step, triple step, star step, line step, high/low, circuit stations, kickbox, holiday routines, etc. Enjoy a wide variety of exercise.

**Thurs. 8:15AM—Muscle Conditioning**—Strength training is the most important thing you can do to increase your metabolism, burn excess fat, and lose weight! This class is a hour long strength training class that will really increase your muscle strength and endurance.

**Ella Heap**

**Fri. 5:30PM—Strong By Zumba**—Combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

**Sat. 10:30AM-12:00 PM—Anti-Age Plus**—A unique 1 1/2 hour class that focuses on balance, core strength, and flexibility. The format will change weekly and allows the student an opportunity to use a variety of fitness equipment including Pilates rollers, stability balls, and elastic bands.

**Heidi Carlston**

**Fri. 6:30AM—High Fitness**—Join the fitness craze that's getting everyone addicted to fitness. Aerobic interval training with intense cardio peaks and toning tracks set to music you know and love! Finally, a fitness class hat is easy to follow and a total blast. Come have some BODY SCULPTING FUN!

**Jennifer Schmidt**

**Tue. 8:30PM—Hip Hop Cardio**—Hip Hop Cardio is an intense fitness class that incorporates toning and cardio with music you love! It involves easy to follow fitness based choreography with a taste of style and swag! This class combines interval, plyometric, and cardio moves that are guaranteed to sculpt the body you want all while having fun! Hip Hop Cardio produces a high caloric burn and full body toning that will get you seeing results. Consistency is the key to success and with this addictive class you will want to back for more!

**Wed. 8:30PM—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Sat. 8:30AM—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**JJ Whicker**

**Sat. 8:30AM—Kids Fitness Club**—Kids' Fitness Club is a class designed for children to come and be active. Through structured learning activities, children will learn about the body, and how to keep it healthy through exercise, balanced eating, and positive self-esteem. Children ages 4-8 are welcome to attend. Parents must remain in the recreation center at all times while their child is attending Kids' Fitness Club.

**Sat. 9:30AM—Kids Fitness Club**—Kids' Fitness Club is a class designed for children to come and be active. Through structured learning activities, children will learn about the body, and how to keep it healthy through exercise, balanced eating, and positive self-esteem. Children ages 4-8 are welcome to attend. Parents must remain in the recreation center at all times while their child is attending Kids' Fitness Club.

**Joyce Gardner**

**Tues. 12:00NOON—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Thurs. 12:00NOON—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Fri. 12:00NOON—Kundalini Yoga**—Kundalini Yoga is a practice for all bodies, levels, and experiences alike. From complete beginners to experienced yogis, everyone is welcome. You can always move at your own pace- there are no 'levels'. If you can breathe and stay open to the group energy, you'll experience the benefits. Each 50 minute class includes warm-ups, breathing techniques (pranayam), an exercise set (kriya), deep relaxation, chanting, and meditation. Experience your true self deeply and notice a transformation towards physical strength, greater awareness, mental clarity, and happiness.

**Sat. 8:30AM—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Kellie Stewart**

**Mon. 8:30PM—Step and Sculpt**—Half step and half sculpting class.

**Lauren Howell**

**Mon. 6:30PM—Power Toning**—An hour long strength training class using resistance bands, medicine and resist-a-balls, free weights, and stretching. Cardio is only part of the equation. Fact is if you gain 5 pounds of lean muscle mass you'll burn 600 more calories in a 24 hour period. So rise-n-shine and get to class!

**Thurs. 5:30PM—Power Toning**—An hour long strength training class using resistance bands, medicine and resist-a-balls, free weights, and stretching. Cardio is only part of the equation. Fact is if you gain 5 pounds of lean muscle mass you'll burn 600 more calories in a 24 hour period. So rise-n-shine and get to class!

**Reina Forsythe**

**Mon. 5:30PM—Yoga Flow**—A class of continuous flow from one posture to the next, linked by breath, intending to improve balance, coordination, stability, strength, awareness, and endurance.

**Shauna Carter**

**Mon. 5:45AM (Upstairs Track)—Boot Camp**—Boot Camp is a high-powered, get-your-heart-pumping, AWESOME aerobic workout that welcomes anybody of any shape, size, or level of fitness! Come ready to sweat and feel the burn in this cardio-driven workout that keeps you jumping and moving in ways that will make you feel like a rock star when you're done.

**Tues. 5:45AM—Power Toning**—An hour long strength training class using resistance bands, medicine and resist-a-balls, free weights, and stretching. Cardio is only part of the equation. Fact is if you gain 5 pounds of lean muscle mass you'll burn 600 more calories in a 24 hour period. So rise-n-shine and get to class!

**Wed. 8:30PM (Downstairs)—Bags Class**—An intense cardio workout where you sweat to the max! You will punch, kick, knee and beat the bag for an hour. Come ready to get a workout you won't be able to stop talking about. Gloves provided.

**Thurs. 5:45AM—Power Toning**—An hour long strength training/toning class. Target those hard to reach areas using resistance bands, medicine balls, hand weights and resistance-balls. Muscle training burns more calories for a longer period so get yourself to class.

**Fri. 5:45AM (Downstairs)—Bags Class**—An intense cardio workout where you sweat to the max! You will punch, kick, knee and beat the bag for an hour. Come ready to get a workout you won't be able to stop talking about. Gloves provided.

**Shauna Young**

**Mon. 5:45AM—Cardio, Step & Stretch**—To start the class out we will do fun step routines with high energy to get your heart rate up and burn calories! To end the class we will get a good relaxing stretch. Come try this class, your body might just love it!

**Wed. 5:45AM—Step, Strengthen & Stretch**—This class will get your heart pumping with 30 minutes of step, 20 minutes of strength and 10 minutes of stretch. Come start your morning off right.

**Vera Carlson**

**Tues. 6:30PM—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Wed. and Fri. 5:30PM—Strong By Zumba**—Combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

**Wed. 6:30PM—Anti-Age**—A unique class designed to build strength and engage your brain! This class has a rotating format which utilizes a variety of fitness accessories, including pilates rollers, kamagon and stability balls, and resistance bands. The class also incorporates self-massage techniques and gentle stretching to release tension and improve flexibility!

**Thurs. 6:30PM—Zumba**—This class is very unique using high energy music and fun moves! Zumba is a great workout that incorporates Latin rhythms and easy to follow moves. The routines feature a little bit of interval training as well as some toning and sculpting all while burning fat!

**Fri. 8:15AM—Anti-Age**—See description above.

**Sat. 10:30AM-12:00 PM—Anti-Age Plus**—See description-Ella Heap.