



\$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) Boot Camp (SC) (Upstairs Track)	Power Toning (SC)	PiYo (AS) (Downstairs) Step, Strength & Stretch (SY)	Power Toning (SC)	Bags Class (AS) (Downstairs)	
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) Kids Fitness Club (JW)
9:30 am						Yoga (CD/DA/DS) Kids Fitness Club (JW)
10:30 am-12:00 pm						Anti-Age Plus (EH/VC)
12:00 noon (Downstairs)	Yoga (CD)	Zumba (JG)	Yoga (CD)	Zumba (JG)		
5:30 pm	Yoga Flow (RF)	INSANITY (AH)	Strong By Zumba (EH/VC)	INSANITY (AH)	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)	Pump It Up Cardio (JS)	Zumba (JS) Bags Class (SC) (Downstairs)			

AH = Ali Harrison
AS = Ashlie Stroman
BH = Brandi Horman
CD = Chelsea Despain
DA = Debbie Andrew
DS = Dianna Schaffer
DW = Dorothy Watts
EH = Ella Heap
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

(September 13, 2017)

Ali Harrison

Tues. 5:30PM—INSANITY—This workout incorporates increasingly intense interval workouts and the work-to-rest ratio (3 minutes on, 30 seconds rest) which keeps you in the anaerobic zone for most of the workouts, making this a series that will appeal to exercisers who want to take their workout to the next level.

Thurs. 5:30PM—INSANITY—This workout incorporates increasingly intense interval workouts and the work-to-rest ratio (3 minutes on, 30 seconds rest) which keeps you in the anaerobic zone for most of the workouts, making this a series that will appeal to exercisers who want to take their workout to the next level.

Ashlie Stroman

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.

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.

Chelsea Despain

Mon. 12:00NOON (Downstairs)—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 (Downstairs)—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

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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 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!

Jennifer Schmidt

Tue. 8:30PM—Pump It Up Cardio—Pump It 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! Pump It Up 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!

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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.

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Joyce Gardner

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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!

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.

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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 resista-balls. Muscle training burns more calories for a longer period so get yourself to class.

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, Strength & 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

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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.

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