



PARKS & RECREATION

\$2 per Aerobic Class
 \$20 for Unlimited One Month Pass
 \$25 for Unlimited One Month+Facility Use
 \$15 for Senior Unlimited One Month Pass
 Aerobics included in all Community Recreation Center Passes

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	Step Tone & Ab Attack (SY)	Power Toning (RJ)	Cardio Mania (KS)	Step Interval (RJ)	Fun Friday 1 1/2 Hour (SY/AS)	
6:45 -7:30 am	Fit 45 (BW)	Step (KS)	Piyo (BW)	Step (AS)		
7:30-7:45 am		Six Pack Abs (KS)		Six Pack Abs (AS)		
8:00 am						Hip Hop Hussle (last Sat. only)
8:30 am	Rock-n-Roll Circuit (DW)	Yoga/ Pilates (DW)	Wacky Wednesday (DW)	Muscle Conditioning (DW)	Freestyle Friday (Fit Over Fifty) (DW)	
9:00 am						Yoga (DA/RJ/PH) (3rd Sat. Piyo)
5:30 pm	Step Interval (DA)		Cardio Mania (BAP)			
5:30-6:00 pm		Boot Camp (AS)		Boot Camp (KS/DA)		
6:00-6:30 pm		Power Toning (AS)		Power Toning (KS/DA)		
6:30 pm	Power Toning (KJS)		Power Toning (AS)	Turbo Kickbox (JS)		
7:30 pm	Yoga (PH)	Piyo (BW)	Yoga (DA)	Hip Hop Hussle (JS)		
8:30 pm	Step & Sculpt (KS)					

Schedule Subject to Change

- AS = Ashlie Stroman
- BAP = Breanne Phelps
- BW = Brooke Whiting
- CD = Chelsea Dispain
- DA = Debbie Andrew
- DW = Dorothy Watts
- JS = Jessi Shock
- KS = Kellie Stewart
- PH = Paige Holley
- RJ = Roxanne Jackman
- SY = Shauna Young
- SS = Shukria Stewart

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!

Requirements for the Aerobics Room

- 1- Please change out of your street shoes before walking on the wood floor.
- 2- Please spray disinfectant on your mat after each use.

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



PARKS & RECREATION

Ashlie

Thurs. 6:45AM-7:30AM—Step—A 45 minutes step class that will definitely get your heart rate up and jump start your metabolism.

Thurs. 7:30AM-7:45AM—Six Pack Abs—15 minutes of intense ab work to help you achieve those six pack abs.

Tues. 5:30PM-6:00PM—Boot Camp—Feeling like you've reached a plateau? Try this 30 minute interval style class. We will alternate high intensity training cardio segments with strength training exercises. The fitness room and both indoor and outdoor tracks (weather permitting) will be utilized, along with stability and medicine balls, free weights, and tubing. Come mix up your workout.

Tues. 6:00PM-6:30PM—Power Toning—This class is 1/2 hour long strength training class that will kick your butt using resistance bands, medicine ball, hand weights, and resist-a-balls. Fact is if you gain 5 lbs of muscle mass you'll burn 600 more calories in a 24 hour period. So get yourself to class.

Fri.—5:45AM—Fun Friday—A multiple step class with high intense combos that are fun yet challenging. We step for 45 minutes then we tone for 45 minutes and stretch. This class alternates instructors.

Breanne

Wed. 5:30PM—Cardio Mania—Step combos with high intense drills and power moves on the floor. A real fat burner! This class with toning abs and a stretch.

Brooke

Mon. 6:45AM-7:30AM—Fit 45—Jump start your metabolism! This 45 minute class will begin with lower impact activities and progress to higher intensity movements. It will alternate high intensity cardio-conditioning, strength training, abs, and stretching. Highly adaptable for individual capacity and goals.

Tues. 7:30PM—Piyo—An athletic blend of pilates and yoga. This class will offer exercise progression to challenge all levels of fitness. You'll be sore in areas that you did not even know could be sore!

Wed. 6:45AM-7:30AM—Piyo—(see description above)

Debbie

Mon. 5:30PM—Step Interval—A great step class that has short intervals. This class will definitely get your heart rate up.

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.

Thurs. 5:30PM-6:00PM—Boot Camp—Feeling like you've reached a plateau? Try this 30 minute interval style class. We will alternate high intensity training cardio segments with strength training exercises. The fitness room and both indoor and outdoor tracks (weather permitting) will be utilized, along with stability and medicine balls, free weights, and tubing. Come mix up your workout. This class alternates with Kelly.

Thurs. 6:00PM-6:30PM—Power Toning—This class is 1/2 hour long strength training class that will kick your butt using resistance bands, medicine ball, hand weights, and resist-a-balls. Fact is if you gain 5 lbs of muscle mass you'll burn 600 more calories in a 24 hour period. So get yourself to class. This class alternates with Kelly.

Sat. 9:00AM—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

Mon. 8:30AM—Rock-n-Roll Circuit—Alternates cardio conditioning with body sculpting/strength training segments. The cardio is step or high/low and cardio ball. The strength uses resistance balls, tubes, and weights.

Tues. 8:30AM—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. 8:30AM—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. 8:30AM—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.

Fri. 8:30AM—Freestyle Step—Fit Over Fifty. This class will give a great variety of workouts-cardio, strength, yoga, interval, walking, and free style step.

Kelly

Mon. 6:30PM—Power Towing—This class is a hour long strength training class that will kick your butt using resistance bands, medicine ball, hand weights, and resist-a-balls. Fact is if you gain 5 lbs of muscle mass you'll burn 600 more calories in a 24 hour period. So get yourself to class!

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

Tues. 6:45AM-7:30AM—Step—A 45 minutes step class that will definitely get your heart rate up and jump start your metabolism.

Tues. 7:30AM-7:45AM—Six Pack Abs—15 minutes of intense ab work to help you achieve those six pack abs.

Wed. 5:45AM—Cardio Mania—This class will definitely get your heart racing. We step doing intense routines and army like drills for 35-40 minutes.

Thurs. 5:30PM-6:00PM—Boot Camp—Feeling like you've reached a plateau? Try this 30 minute interval style class. We will alternate high intensity training cardio segments with strength training exercises. The fitness room and both indoor and outdoor tracks (weather permitting) will be utilized, along with stability and medicine balls, free weights, and tubing. Come mix up your workout. This class alternates with Debbie.

Thurs. 6:00PM-6:30PM—Power Toning—This class is 1/2 hour long strength training class that will kick your butt using resistance bands, medicine ball, hand weights, and resist-a-balls. Fact is if you gain 5 lbs of muscle mass you'll burn 600 more calories in a 24 hour period. So get yourself to class. This class alternates with Debbie.

Paige

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.

Roxanne

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!

Thurs. 5:45AM—Step Interval—A great step class with short intervals of power toning in between.

Sat. 9:00AM—Piyo—An athletic blend of pilates and yoga. This class will offer exercise progression to challenge all levels of fitness

Shukria

Last Saturday of every Month 8:00 AM—Hip Hop Hustle—If you want to shake it and groove this is the class for you. Non-stop party train - if you can line dance you can hustle! Let the music move you and burn some calories while having a blast! See you in class, you might just love it!

Shauna

Mon. 5:45AM—Step Tone and Ab Attack—1/2 step class using fun and choreographed moves. 1/2 toning class with awesome hard 10 minutes abs at the end of class.

Fri. 5:45AM—Fun Friday—A multiple step class with high intense combos that are fun yet challenging. We step for 45 minutes then tone for 45 minutes and stretch. This class alternates instructors.

Jessi

Thurs. 6:30PM—Turbo Kickbox—Kick...Sweat...Box...and laugh your way into a new level of fitness! This class is definitely a fat burner! Using techniques from the sport of kickboxing and adding a little twist. This class has sections of turbo which are high intensity intervals. You will train both cardio and muscle. It challenges the beginner as well as the advanced.

Thurs. 7:30PM—Hip Hop Hustle—If you want to shake it and groove this is the class for you. Non-stop party train - if you can line dance you can hustle! Let the music move you and burn some calories while having a blast! See you in class, you might just love it!