

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45		<i>inCore+</i>		Functional Fit	<i>inPump</i>	
7.15						** <i>inCommand</i>
8:30						
9.15	<i>inPump</i>	<i>inCommand</i>	<i>inBoost</i>	<i>inBox</i>	<i>inShred</i>	
10.30	** Gentle Exercise		** Gentle Exercise	<i>inPilates</i>	** Gentle Exercise	
5.30	<i>inBox</i>	<i>inPump</i>		<i>inCore+</i>	GYM OPEN Mon - Fri 5.15am - 9.00pm Saturday 7.00am - 1.00pm Sunday 8.00am - 1.00pm	
6:00			<i>inCommand</i>	<i>inSynergy</i> (6:15pm)		
6.30		<i>inPilates</i>				

** Live Well Logan classes are available free to inSports Logan Gym members or \$4.00 per class for non-members.

***Mystery Class** (30min) will run periodically throughout the year. We will advise class description and dates at reception.

Timetables are effective as of 21.01.2019 and are subject to change without notice.

Gentle Exercise (60mins)

Light group training including resistance, stretching and cardiovascular exercise in one session. Suitable for all ages who enjoy low intensity activities and achievable for those a little older in age.

Functional Fit (60mins)

A higher intensity class with a twist! This non-traditional workout utilises suspension training, power bags, ropes, kettle bells and much more!

inCore+ (45mins)

A moderate intensity class, with strength & conditioning designed to target the muscles of the core (plus more) and keep you strong from the inside out. It's more than just abs!

inBoost (60mins)

Cardio intensive work out that involves step, body weight resistance and plyometric work to get your heart pumping and muscles firing.

inBox (60mins)

Designed to improve the lifestyle of our participants through weight loss and increased muscles tone, fitness and confidence. No experience is necessary! \$2 boxing inners available at reception.

inCommand (60mins)

Our class is a military inspired, group personal training class. Each class will push you to your limits as you achieve serious results, seriously fast, in a positive and social environment. May be conducted outdoors.

inSynergy (30mins)

Need to knuckle out a few knots, want a weekly wind down? There is something for everyone in our mobility, stretch and flexibility class. Band, ball or foam roller work may be included.

inPilates (60mins)

A unique method of body conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness, in a series of movements that engage the body and mind.

inPump (60mins)

A highly effective barbell training class to work on your major muscle groups, to tone and shape. You choose the weight for a workout and follow the direction of our instructors that will get your heart pumping and muscles firing.

inShred (60mins)

Targeting every muscle, from every angle with strength, stability, power, speed, agility and flexibility. Utilizing HIIT, plyometric and core conditioning designed to get you shredded.

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