

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	AM	Saturday
5.45	<i>in</i> Command	Functional Fit		<i>in</i> Command		7.15	Functional Fit
9.15	<i>in</i> Fuse	VYPA	<i>in</i> Box	<i>in</i> ABT	# <i>in</i> Shape GROUP	8.15	KONGA
10.15							
10.30	** <i>in</i> Pilates	Gentle Exercise	Gentle Exercise	<i>in</i> Yoga			
10.45					** Move More <i>live & feel better!</i>		
12.00		** Lungs <i>in</i> Action			** Lungs <i>in</i> Action		
5.30	<i>in</i> Spin	VYPA	<i>in</i> Pump		GYM OPEN Mon - Fri 5.30am - 9.00pm Saturday 7.00am - 12noon Sunday 8.00am - 12noon		
6.00			** <i>in</i> Command				
6.30	<i>in</i> Pilates	 ZUMBA fitness	<i>in</i> Yoga				

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

Timetables are effective as of 03.12.2018 and are subject to change without notice.

www.loganleisurecentres.com.au

12277401

LOGAN METRO

357 Browns Plains Rd, Crestmead
Ph 3412 5952

LOGAN NORTH

2 Sports Drive, Underwood
Ph 3412 5640

MT WARREN

2 Milne St, Mt Warren Park
Ph 3412 5440

inSports Logan - Logan Metro GROUP FITNESS

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!

inABT (60mins)

A low to moderate intensity class, with strength & conditioning designed to target the muscles of the abdominal area and lower body.

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

inFuse (60mins)

A challenging class combining the lower body cardio workout of *inSpin*, with the smashing upper body workout of *inBox*. Class size is limited due to equipment required.

inHIIT (45mins)

Cardio, plyometric and body weight resistance based high intensity interval class designed to maximise high intensity efforts and minimise rest. No equipment, just feel the burn.

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.

inShape Group (60mins)

Group training inspired by results based 6-12 week challenges, using resistance training in our free weights area. Nutrition advice is provided. This requires a 6 week commitment by participants. (8 Person Limit)

inSpin (45mins)

Combining cycling equipment and inspirational music, this freestyle stationary cycle class is challenging and fun. Spaces are limited so don't miss out! Suitable for all fitness levels.

inTone (45mins)

A total body, fat burner class incorporating high and low impact aerobic movements with circuit style training to help burn off those excess calories.

inXSpin (45mins)

A full-body workout, providing an intense cardiovascular workout using the indoor spin bikes, combined with resistance based exercises challenging the entire body from head to toe.

inYoga (60mins)

Build a stable, strong and supple body by systematically strengthening your body, building flexibility and spinal mobility as you progress. This is definitely yoga for fitness.

inZen (60mins)

Body conditioning combining the body awareness and asanas of yoga with the core conditioning and stability of Pilates. Lengthen, strengthen and define muscles, as well as to relax the mind.

KONGA (60mins)

A wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco with easy-to-do moves, insane music & routines that are specifically designed to shape, sculpt & redefine your physique.

Move More... (60mins)

live & feel better!

Gentle physical activity designed to be safe for people with stable long term health conditions. It's also suitable for anyone who hasn't exercised for a while and ideal for falls prevention.

VYPA (45mins)

VYPA is a Hardcore, High Intensity, Interval workout aimed at getting you FIT + Strong to the hottest Hip Hop, Dance & Electronic Beats!

ZUMBA fitness (60mins)

Combines hypnotic Latin rhythms and easy to follow moves into a fun, energising and calorie burning class. Features interval training sessions where fast and slow rhythms tone and sculpt your body.

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