


Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	AM	Saturday
5.45	<i>in</i> Command	<i>in</i> Pump CIRCUIT	<i>in</i> HIIT	<i>in</i> Box	<i>in</i> Command	7.15	<i>in</i> HIIT
9.15	<i>in</i> Pump	<i>in</i> ABT	 ZUMBA fitness	<i>in</i> Tone	<i>in</i> Pump CIRCUIT	8.15	<i>in</i> Zen
10.30	<i>in</i> Pilates	KONGA	** Move More... <i>Live & feel better!</i>	** Gentle Exercise	<i>in</i> Yoga		
11.30	** Gentle Exercise	** Move More... <i>Live & feel better!</i>	<i>in</i> Pilates		** <i>in</i> Yoga		
5.30	<i>in</i> HIIT	<i>in</i> Box	<i>in</i> Command	<i>in</i> Box	GYM OPEN		
6.30	<i>in</i> Yoga	<i>in</i> Pilates	KONGA	<i>in</i> ABT	Mon - Fri	5.30am - 8.00pm	
					Saturday	7.00am - 12noon	
					Sunday	8.00am - 12noon	

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

Aqua Aerobics Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	AM	Saturday
🔹 6.00		<i>in</i> Aqua		<i>in</i> Aqua		🔹 7.15	<i>in</i> Deep
🔹 12.15	<i>in</i> Aqua	<i>in</i> Aqua	<i>in</i> Aqua	<i>in</i> Aqua	<i>in</i> Aqua		
🔹 6.15	<i>in</i> Aqua	<i>in</i> Aqua	<i>in</i> Aqua	<i>in</i> Aqua			

🔹 Classes are held at Logan North Aquatic Centre.

Timetables are effective as of Monday, 14th January 2019 and are subject to change without notice.

www.loganleisurecentres.com.au

12277415

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 North 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.

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.

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.

inPump circuit (60mins)

A highly effective circuit style barbell training class to work on your major muscle groups, to tone and shape. You choose the weight for a workout that will get your heart pumping and muscles firing, as you move between circuit stations.

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.

inABT (60mins)

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

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

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.

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.

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.

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.

inAqua (45mins)

Water aerobics classes that focus on building strength and cardiovascular fitness without extra strain and stress on the joint. Low impact makes it suitable to all ages and fitness levels.

inDeep (45mins)

Terms 1 & 4 only
Working in a suspended state, makes any pool workout more challenging, without the impact of land based exercise.

inPump (60mins)

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

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.

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.

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