

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45						
7.00						**inCommand
8:00						
9.15	<i>inPump</i>	<i>inCommand</i>	<i>Functional Fit</i>	<i>KONGA</i>	<i>in45 + inAbs</i>	
10.30	** <i>Gentle Exercise</i>	** <i>Gentle Exercise</i>	** <i>Gentle Exercise</i>	** <i>inPilates</i>	** <i>Gentle Exercise</i>	
5:00		** <i>inYoga</i> <i>(new location)</i>				
5.30	<i>inPilates</i>	<i>inCircuit</i>				
5:45				<i>inPump</i> 45min	GYM OPEN Mon - Fri 5.30am - 9.00pm Saturday 7.00am - 1.00pm Sunday 8.00am - 1.00pm	
6:00						
6:30						

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

All classes are at Beenleigh Showgrounds Old Pavilion (James Street entrance across from KFC) with the exception of **Tuesday night Yoga which is at Beenleigh Neighborhood Centre, 10-12 James Street**

Aqua Aerobics Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
🔹6.15		<i>inAqua</i>	<i>inAqua</i>		
🔹12.15	<i>inAqua</i>		<i>inAqua</i>		
🔹6.05	<i>inAqua</i>			<i>inAqua</i> Zumba	

🔹 Classes are held at Beenleigh Aquatic Centre, City Rd. Included with Gym & Swim membership.
 Single aqua class visit: \$11 / Aqua class 10 visit pass: \$95 / Aqua class 25 visit pass: \$185

inAqua & AquaZumba (45mins)

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

inCircuit (60mins)

Enhance your cardiovascular fitness and muscular endurance with a circuit session to get your heart pounding! Suitable for all levels.

Pop up class (60mins)

Pop in to our pop up classes. Be sure to ask at the counter for some information regarding this weekly surprise class. NEW regular class to come soon based on member feedback.

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.

inYoga (60mins)

Build a stable, strong and supple self by systematically strengthening your body, building flexibility and improving spinal mobility as you progress.

Functional Fit (60mins)

A class with a twist! This non-traditional workout may include fun fitness games, suspension training, ropes, kettle bells and much more! Our instructors give plenty of options so it's challenging but achievable, whatever your level of 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.

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.

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 mind and body.

inPump (45 or 60min)

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 instructor to inspiring music. Suitable for all fitness levels.

Metafit (45min)

Metafit is a 45 minute bodyweight only, non-choreographed high intensity interval training workout. Our instructor makes the class suitable for all fitness levels.

in45 (45mins)

A cardio focused workout with low, medium or high intensity intervals smashed together with different styles of training such as bodyweight conditioning, Tabata, and AMRAPs. Stay on for an additional 15 minutes of core work.

#14157296

loganleisurecentres.com.au

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inSports
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CITY COUNCIL