

Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	AM	Saturday
5.45		Functional Fit		inCommand		7.15	
9.15		VYPA	inBox	inABT	inFit	8.15	
10.15							
10.30	**inPilates	**Gentle Exercise		inZen			
10.45					** Move More <i>Live & feel better!</i>		
12.00		** LungPower			** LungPower		
5.30		VYPA	inPump	** inCommand	GYM OPEN Mon - Fri 5.30am - 9.00pm Saturday 7.00am - 12noon Sunday 8.00am - 12noon		
6.00							
6.30				inPilates			

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



is free for members or \$5 for non-members.

Timetables are effective as of 21.03.2022 and are subject to change without notice.

LOGAN METRO
357 Browns Plains Rd,
Crestmead
Ph: 07 3081 6622

LOGAN NORTH
2 Sports Drive,
Underwood
Ph: 07 3541 6170

MT WARREN
2 Milne St,
Mt Warren Park
Ph: 07 3094 5401



Gentle Exercise (45mins)

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 (45mins)

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.

inPilates (45mins)

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.

XTREME HIP-HOP with NUKS

A music-based fitness program made up of step aerobics, cardio and strength workouts, moving to the sweet rhythm of the latest R&B HipHop sounds.

inPump (45mins)

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.

VYPA (45mins)

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

inFIT (45mins) Targeting every muscle, from every angle with strength, stability, agility and flexibility. Utilizing HIIT, body weight and core conditioning designed to get you FIT.

inZen (45mins)

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 (45mins)

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.

inYoga (45mins)

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.

ZUMBA fitness (45mins)

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.

LungPower

A safe, enjoyable exercise program specifically designed for people who have completed a pulmonary rehabilitation program to assist in maintaining their health and fitness gains

Move More... (45mins)

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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