NLC FITNESS NOVEMBER 2026

NORTH LOGAN FIT CLUB

$10 a month

or

$3 drop-in fee

Register online @ Northloganrec.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 HIGH W/Jesse	3	4 XTREME W/Kim	5	6 Weights W/Sierra
9 HIGH w/ Jesse	10	11 XTREME W/Kim	12	13 High/Low w/Jesse
16 HIGH W/Jesse	17	18 XTREME W/Kim	19	20 Strength w/Sierra
23 HIGH friendsgiving W/Jesse	24	25 XTREME W/Kim	26 	27 NO CLASS
30				