



NLC FITNESS OCTOBER 2026

NORTH LOGAN
FIT CLUB

\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 WEIGHTS W/Sierra
HIGH w/ Jesse Frankenstein's Lab	6	7 NO CLASS FALL BREAK	8	9 NO CLASS FALL BREAK
HIGH W/Jesse K-POP	13	14 XTREME W/Kim	15	16 1/2 STRENGTH 1/2 REFIT W/Sierra
HIGH W/Jesse Around the World in 60 minutes	20	21 XTREME W/Kim	22	23 STRENGTH W/Sierra
HIGH W/Jesse Monsters & Villains	27	28 XTREME W/Kim	29	30 HALLOWEEN DANCE PARTY W/Sierra come in a costume!