



\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



NLC FITNESS FEBRUARY 2026

NORTH LOGAN
FIT•CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 HIGH W/Jesse	3	4 STRENGTH & AGILITY W/Roni	5	6 WEIGHTS W/Sierra
	9 Galentines HIGH W/Jesse wear pink, purple, or red	10	Partner HIIT w/Jesse Bring a friend or pair up in class	11	12 Valentine's CARDIO Dance Party W/Sierra 
	16 REFIT W/ Sierra	17	18 STRENGTH & AGILITY W/Roni	19	20 STRENGTH W/Sierra
	23 HIGH w/ Jesse	24	25 STRENGTH & AGILITY W/Roni	26	27 KICKBOXING W/Sierra