



# NLC FITNESS FEBRUARY 2026

NORTH LOGAN  
**FIT CLUB**

\$12 a month

or

\$2 drop-in fee

Register online @  
[Northloganrec.org](http://Northloganrec.org)



Monday	Tuesday	Wednesday	Thursday	Friday
HIGH W/Jesse 2	3	STRENGTH & AGILITY W/Roni 4	5	WEIGHTS W/Sierra 6
Galentines HIGH W/Jesse wear pink, purple, or red 9	10	Partner HIIT w/Jesse Bring a friend or pair up in class 11	12	Valentine's CARDIO Dance Party W/Sierra 13
REFIT W/ Sierra 16	17	STRENGTH & AGILITY W/Roni 18	19	STRENGTH W/Sierra 20
HIGH w/ Jesse 23	24	STRENGTH & AGILITY W/Roni 25	26	KICKBOXING W/Sierra 27