



NLC FITNESS SEPTEMBER 2026

NORTH LOGAN
FIT CLUB

\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 XTREME W/Kim	3	4 NO CLASS
7 NO CLASS	8	9 XTREME W/Kim	10	11 WEIGHTS W/Sierra
14 HIGH W/Jesse	15	16 XTREME W/Kim	17	18 REFIT W/Sierra
21 HIGH W/Jesse	22	23 XTREME W/Kim	24	25 STRENGTH W/Sierra
28 HIGH W/Jesse	29	30 XTREME W/Kim		