



\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



NLC FITNESS JANUARY 2026

NORTH LOGAN **FIT** **CLUB**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				WEIGHTS W/Sierra
5 HIGH w/ Jesse	6	7 STRENGTH & AGILITY W/Roni	8	9
12 HIGH W/Jesse	13	14 STRENGTH & AGILITY W/Roni	15	16 STRENGTH W/Sierra
19 HIGH W/Jesse	20	21 STRENGTH & AGILITY W/Roni	22	23 KICKBOXING W/Sierra
26 HIGH W/Jesse	27	28 STRENGTH & AGILITY W/Roni	29	30 WEIGHTS W/Sierra