



NLC FITNESS JANUARY 2026

NORTH LOGAN
FIT♥CLUB

\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---------|---------------------------------|-------------------------|---------------------------|
| | | | <i>Happy New Year</i> 1 | WEIGHTS W/Sierra 2 |
| 5 HIGH w/ Jesse | 6 | 7 STRENGTH & AGILITY W/Roni | 8 | 9 REFIT W/Sierra |
| 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 |