















SIGN UP HERE



# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 STRENGTH WITH AMANDA & SIERRA 2		3	4  WITH SIERRA 5
6	7 STRENGTH WITH RONI 		8 ATHLETE MODE WITH RONI 		10	11  WITH ANNIE 12
13	14 STRENGTH WITH RONI 		15 ATHLETE MODE WITH RONI 		17	18  WITH AMANDA 19
20	21 STRENGTH WITH RONI 		22 ATHLETE MODE WITH RONI 		24	25  WITH ANNIE 26
27	28 STRENGTH WITH RONI 		29 ATHLETE MODE WITH RONI 			

10-12 Classes a Month  
 9:15 am – 10:15 am - HSC  
 Cost: \$12 a month  
 DROP IN FEE: \$2 PER CLASS



### Social Media

To get updates on the class schedule and to see highlights visit North Logan Rec social media   @northloganrec