




NLC FITNESS MAY 2026

NORTH LOGAN
FIT CLUB

\$12 a month
or
\$2 drop-in fee
Register online @
Northloganrec.org



Monday	Tuesday	Wednesday	Thursday	Friday
				1 WEIGHTS W/Sierra
4 HIGH w/ Jesse	5	6 XTREME W/Kim	7	8 REFIT W/Sierra
Mother's Day Celebration HIGH W/Jesse  <small>Bring another mom friend</small>	12	13 XTREME W/Kim	14	15 STRENGTH W/Sierra
18 HIGH W/Sierra	19	20 XTREME W/Jesse	21	22 KICKBOXING W/Sierra
25 NO CLASS Memorial Day	26	27 XTREME W/Kim	28	29 NO CLASS