



NLC FITNESS DECEMBER 2025

NORTH LOGAN
FIT CLUB




\$12 a month

or

\$2 drop-in fee

Register online @
Northloganrec.org



Monday	Tuesday	Wednesday	Thursday	Friday
HIGH W/Jesse 1	2	STRENGTH & AGILITY W/Roni 3	4	Weights W/Sierra 5
HIGH w/ Jesse 8	9	STRENGTH & AGILITY W/Roni 10	11	REFIT W/Sierra 12
HIGH W/Jesse 15	16	STRENGTH & AGILITY W/Roni 17	18	Strength W/Sierra 19
 HIGH W/Jesse 22 Ugly Sweater Contest	23	 Cardio W/Sierra 24 Christmas Eve Dance Party	 25	NO CLASS 26
HIGH W/Jesse 29	30	STRENGTH & AGILITY W/Roni 31	