

This Center City Hotel Is Hosting Free Pool Workouts Next Week

Fitness Alive is taking over The Logan Hotel's pool on Tuesday, and you won't want to miss the workout.

by **BAILEY KING** · 8/9/2018, 12:04 p.m.



If you're looking for more ways to splash around in pools before the end of summer, we have a prime option for you that's popping up in Center City: [Fitness Alive](#) is hosting not one, but two, free pool workout sessions at [The Logan Hotel](#) next week. Spoiler alert: one class includes adorable swimming babies. Talk about the perfect precursor to an evening spent sipping bubbly wine from The Logan's [Assembly](#) rooftop bar!

These free pool workouts are taking place on **Tuesday, August 14**. The first session runs from 5 to 5:30 p.m. and is called [Baby Bubbles](#), an adorable class for parents to teach their young ones — ages five months to three years — how to comfortably move their little bodies in water. The second session takes place from 6 to 6:45 p.m. and is one of Fitness Alive's signature water boot camp classes, [Sweat and Splash](#). But don't think you'll be taking some water aerobics for grannies class; expect squats, jumps, side kicks, and more in this high-energy session.

There are only ten spots available for Baby Bubbles and 15 for Sweat and Splash, and they're filling up quickly. You'll want to reserve your spot ASAP if you want to get in on this pool action. While these classes are totally free, you do still have to sign up, which you can do [here](#) for Baby Bubbles or [here](#) for Sweat and Splash.

The Logan Hotel is located at 1 Logan Square (basically 18th and Benjamin Franklin Parkway) in Logan Square.