



# LOGAN ALDRIDGE

PELOTON INSTRUCTOR

Meet Logan Aldridge—a daredevil who views obstacles from all angles, helping you see challenges as an opportunity to get curious. He will push your potential and guide you to grow not only physically, but mentally. Feel embraced by his inclusive nature as he enlightens everybody that hard things really can be fun. Logan is an adaptive training expert, who teaches both strength classes and uniquely programmed standing and seated classes for athletes with varying physical abilities. When you train with Logan, he'll coach you through accessible and challenging workouts that will translate foundational movements on the mat into an adventurous and fulfilled life off.

ANTHONY CUNANAN

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