

Active Older Adult Fitness Opportunities

The Lunda Community Center offers a variety of fitness opportunities for active older adults.

If you want a low-intensity workout due to arthritis or other physical or joint limitations, we have Silver Sneakers classes, Becky Windsor's Hospital Stay Fit classes, Hub Chair DVD Classes and 9 Water Aerobic classes to choose from. Interested in paddle sports? Check out the table tennis and pickle ball Schedule.

Monday

8:30AM - 9:30AM
MORNING SPLASH

10:00AM-10:45AM 
SILVER SNEAKERS SPLASH
(STARTS IN NOVEMBER)

8:30AM-9:30AM
TABLE TENNIS

9:00AM-10:00AM
SILVER SNEAKERS CLASSIC

9:30AM-11:30AM
PICKLEBALL

4:30PM-5:30PM
WATER AEROBICS



Tuesday

9:00AM-10:00AM
(HOSPITAL SENIOR STAY FIT
CLASSES OFFERED PLEASE
CALL 715-284-1379 TO
REGISTER)

10:00AM-10:45AM
CHAIR STRETCH CLASS
*(HUB MEMBERS)

4:30PM-5:30PM WATER
AEROBICS



715.670.0790

December 2018

Wednesday

8:30AM - 9:30AM
MORNING SPLASH

8:30AM-9:30AM
TABLE TENNIS

9:00AM-10:00AM
SILVER SNEAKERS CLASSIC

 9:30AM-11:30AM
PICKLEBALL

4:30PM-5:30PM
WATER AEROBICS

Thursday

9:00AM-10:00AM
(HOSPITAL SENIOR STAY
FIT CLASSES OFFERED
PLEASE CALL 715-284-
1379 TO REGISTER)

10:00AM-10:45AM CHAIR
STRENGTH CLASS 
*(HUB MEMBERS)

4:30PM-5:30PM WATER
AEROBICS

Friday

 8:30AM-9:30AM
TABLE TENNIS

9:30AM-11:30AM
PICKLEBALL

10:00AM-10:30AM
SILVER SNEAKERS SPLASH
(Starts in November)

Last Friday of
every month:
Table Tennis Traveling
Trophy Round Robin

* Hub Membership needed \$6/month