

# GROUP FITNESS SCHEDULE – APRIL 2019



★ = New Class!

Call us! 715.670.0790

Find us online! [www.lundacommunitycenter.com](http://www.lundacommunitycenter.com)

Please sign-up online or at the front desk. We encourage everyone to pre-register. Always check the schedule and/or Facebook to keep updated on cancellations.

Class fee: \$3 for Members. \$6 for Non-Members. We require a 24-hour notice for class cancellations unless an emergency. [Check out the Child Watch Schedule!](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a-6:15a Cycling (Ron P) Studio C	5:30a-6:20a Cycling (Lori) Studio C	5:30a-6:15a Cycling (Ron P) Studio C	5:30a-6:30a PiYo LIVE (Brienne) Studio A/B	5:30a-6:20a Cycling (Ron P) Studio C	7:30a-9:00a Turbocharge 90 (Kathleen) Studio D <b>4/06</b>
5:30a-6:30a Boot Camp (Bethany) Studio E		5:30a-6:30a Boot Camp (Bethany) Studio E		5:30a-6:30a Full Body Circuit (Jim) Studio E <b>4/5 &amp; 4/19</b>	9:00a-10:00a Vinyasa Yoga (Sophia) Studio D <b>4/06 ONLY</b>
		8:00a-8:45a Cycling for the Ages (Ron P) Studio C		6:30am-7:05am Strong 30 (Brienne) Studio A/B <b>4/12 &amp; 4/26</b>	
8:30a-9:30a Morning Splash (Marla) Lap Pool	8:15a-9:15a 20/20/20 (Annette) Studio A/B	8:30a-9:30 Morning Splash (Marla) Lap Pool	8:15a-9:15a 20/20/20 (Annette) Studio A/B	8:30a-9:30 Morning Splash (Marla) Lap Pool	8:00a-9:00a Drum Core (Jaryan) Studio A/B <b>4/13</b>
8:45a-9:30a Beginner Boot Camp (Bethany) Studio E		9:15a-10:00a Beginner Circuit (Jaryan) Studio D <b>NO 4/10</b>			9:00a-9:50a Zumba (Angie) Studio A/B <b>4/13</b>
9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B		9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B	★ 12:15p-12:45p HIIT – all levels (Bethany) Studio D <b>4/11 &amp; 4/25</b>		
					8:00a-9:00a Trim-N-Tone (Jaryan) Studio A/B <b>4/20</b>
	4:30p-5:30p Water Aerobics (Carol) Lap Pool		4:30a-5:30p Water Aerobics (Carol) Lap Pool		9:00a-9:50a Zumba (Angie) Studio A/B <b>4/20</b>
		3:45p-4:45p Yoga (Sue) Studio D	5:00p-6:00p Yoga Barre (Beth) Studio D		
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B <b>NO 4/01</b>	5:30p-6:05p Butts N' Guts (Bethany) Studio A/B	5:00p-6:00p Yoga (Sue) Studio D	5:15p-6:05p Zumba (Angie) Studio A/B		8:00a-9:00a Trim-N-Tone (Jaryan) Studio A/B <b>4/27</b>
5:30p-6:30p Vinyasa Yoga (Sophia) Studio D <b>4/01 ONLY</b>	★ 5:45p-6:30p Beginner Full Body Circuit (Jim) Studio E	★ 5:30p-6:25p Functional Fitness (Ron C) Studio A/B	5:30p-6:30p Full Body Circuit (Jim) Studio E	<b>Good things come to those that sweat!</b>	9:00a-9:50a Zumba (Angie) Studio A/B <b>4/27</b>
5:45p-6:30p <b>Ages 6+</b> Youth DrumCore (Jaryan) Studio E <b>No 4/08</b>	★ 6:30p-7:30p Mindfulness Yoga (Brittany C) Studio D		6:15p-7:00p Beginner Trim-N-Tone (Jaryan) Studio D <b>NO 4/11</b>		
6:40p-7:40p PiYo LIVE (Brienne) Studio A/B	★ 6:30p-7:00p Interval Training (Jaryan) Studio E <b>NO 4/09</b>	6:30p-7:30p International Folk Dance (Carrie) Studio A/B <b>4/10 &amp; 4/24</b>		Wellness Series: Check out our April topic at the Front Desk!	

## CLASS DESCRIPTIONS

**20/20/20:** This class will give you a fun variety from start to finish. Class begins with 20 minutes of athletic-type Zumba, followed by 20 minutes of barre & hand weights, ending with 20 minutes of core.

**Boot Camp:** This class will give you the push you've been looking for. You will do more in one hour than most do in an entire week, and you will leave class with a sense of accomplishment! The exercises are fast paced, and will help you build muscle, burn fat, develop core strength and flexibility all while increasing your cardiovascular ability. Intermediate/advanced fitness level.

**Butts N Guts:** Tone and shape your backside while strengthening and sculpting your abs... need we say more? Some cardio training mixed in.

**Cycling:** Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain to give you a great interval workout. This class is for the beginners as well as seasoned cyclists! Water and towel is a MUST!

**Cycling for the Ages:** This class is designed for those that want a low intensity cycling workout. Rides will feature shorter intervals, lower range of resistance and great music!

**Full Body Circuit:** This circuit-style class incorporates strength and cardio into one high-impact workout. You will target all muscle groups for a full body training session. Be ready to break a sweat!

**Functional Fitness:** This class encompasses everyday movements; focusing on strength, range of motion, core, and flexibility.

**HIIT:** Get in a quick noon workout! Get your heart rate up for short periods, followed by periods of rest.

**Intermediate Water Aerobics:** Join Wendy in the water and discover how water resistance can elevate heart rate, increase strength and endurance and give you a great workout. Non-swimmers welcome.

**International Folk Dance:** International folk dance is a great way to get some exercise, make new friends and learn a slice of culture from other countries. In this class, easy circle and line folk dances will be taught. No experience or partner is necessary, just bring some comfortable shoes and get ready to experience the joy of movement and dance, community building and a taste of world culture.

**Interval Training:** This class combines full-body strength training with cardio bursts designed to tone your body, improve your endurance and clear your mind. ALL FITNESS LEVELS WELCOME

**Mindfulness Yoga:** Combines breath and movement to unite the mind and body while calmly acknowledging and accepting where you are in the present moment. Helps with flexibility, strength, clarity, stress and more. A true workout for your body and mind. ALL LEVELS WELCOME

**Morning Splash:** The title may be a bit misleading as there will be no head dunking or swimming skills required in this class. However, there will be aerobic activity in the form of running, jumping, or walking. Exercise weights and water's natural resistance will help tone and increase your strength without strain and pain.

**PiYo LIVE:** PiYo LIVE is a Pilates and yoga inspired workout. Using your own body-weight you perform a series of continuous fluid, yet low impact, moves to help form a sculpted and strong body. This one-hour class will pass quickly thanks to the popular music and variety of movements.

**Silver Sneakers Classic:** Increase muscle strength. Range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Lori can modify the exercises for your fitness level. *Free for Silver Sneakers members.*

**Step Aerobics:** Come and join us for this great classic workout. New choreography is taught at the beginning of class as part of the warm-up and then it is time to work hard and have fun! Abs are always a part of this class near the end.

**Strong 30:** This new 30-minute version of STRONG by Zumba® is geared for your busy life. It offers an intense, whole-body workout driven by music you love - AND it delivers toned muscles and a high calorie burn in and after class. All of this in just 30 minutes.

**Trim-N-Tone:** Join this strength training and cardio workout for a full body burn by using a variety of combination moves throughout the class.

**Turbocharge 90:** This fast-paced class includes it all...part high intensity, athletic moves on the step, strength training and stretching. Join this fun, full body workout!

**Water Aerobics:** Get a great upper and lower body workout using fifty different exercises. We will be using water jugs and your own body weight. No experience is required.

**Vinyasa Power Yoga:** Vinyasa Power Yoga is an athletic class taught in the style of Baptiste yoga. The focus of this class will be on breath and building strength, and class will end with deep rest. Pose modifications will be taught for all levels.

**Yoga:** This hour-long class starts with a core work out to strengthen and yoga to center our breathing, gain flexibility and balance.

**Yoga Barre:** Get a full-body buzz here at our barre! This class is packed with yoga, weights and barre exercises. With a great playlist, added heart and a variety of moves, our version of happy hour shows how small movements result in big changes!

**Youth DrumCore:** DrumCore for those 6+. Full body activity using drumsticks to the beat of the music!

**Zumba:** Enjoy a fusion of international dance themes in this dynamic and exciting, yet easy to follow class. Join the party! All fitness levels are welcome.