

GROUP FITNESS SCHEDULE – DECEMBER 2018



Call us! 715.670.0790

Find us online! 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!**

★ = New Class

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	5:30-6:20a Cycling (Ron P) Studio C	8:00a-9:00a Vinyasa Power Yoga (Clare) Studio D 12/1
5:30a-6:30a Boot Camp (Bethany) Studio E No Class 12/24		5:30a-6:30a Boot Camp (Bethany) Studio E		★ 6:30am-7:05am 30 Strong (Brienne) Studio A/B 12/14 & 12/28 Only	★ 8:00a-9:00a Intro to Cycling (Ron P) Studio C 12/1 FREE!
	8:30a-9:30a DrumCore (Jaryan) Studio A/B 12/4 Only	8:00a-8:45a Cycling for the Ages (Ron P) Studio C			
8:30a-9:30a Morning Splash (Marla) Lap Pool	8:30a-9:30a 20/20/20 (Annette) Studio A/B No Class 12/4	8:30a-9:30 Morning Splash (Marla) Lap Pool	8:30a-9:30a 20/20/20 (Annette) Studio A/B No Class 12/6	8:30a-9:30 Morning Splash (Marla) Lap Pool	7:30a-8:30a KC's Boot Camp (Kathleen) Studio A/B 12/8
8:45a-9:30a Beginner Boot Camp (Bethany) Studio E No Class 12/24	10:00a-10:30a Ages 2-4 Yoga Kids (Bethany) Studio D 12/4 & 12/18	9:15a-10:00a Beginner Circuit (Jaryan) Studio D	10:00a-10:30a Line Dancing (Annette) Studio A/B 12/27 Only FREE! Ages 7+	★ 8:30am-9:30am Beginner Vinyasa Yoga (Clare) Studio D 12/7 is FREE!	9:00a-10:00a Yoga Barre (Beth) Studio D 12/8
9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B No Class 12/24		9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B			9:00a-10:00a Trim-N-Tone (Jaryan) Studio A/B 12/8
★ 10:00a-11:00a Silver Sneakers Splash (Marla) Lap Pool No Class 12/24		3:45p-4:45p Yoga (Sue) Studio D No Class 12/26		★ 10:00a-11:00a Silver Sneakers Splash (Marla) Lap Pool No Class 12/24	
4:30p-5:30p Water Aerobics Intermediate (Wendy) Lap Pool	4:30p-5:30p Water Aerobics (Carol) Lap Pool	4:30p-5:30p Water Aerobics Intermediate (Wendy) Lap Pool	4:30a-5:30p Water Aerobics (Carol) Lap Pool		8:00a-9:00a Vinyasa Power Yoga (Clare) Studio D 12/15
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B	★ 5:30p-6:05p Butts N' Guts (Bethany) Studio A/B	5:00p-6:00p Cycle and Core (Ron P) Studio C/E	5:00p-6:00p Yoga Barre (Beth) Studio D		8:00a-9:00a Cycling (Ron P) Studio C 12/15
5:30p-6:30p Vinyasa Power Yoga (Clare) Studio D	5:30p-6:30p DrumCore (Jaryan) Studio D	5:00p-6:00p Yoga (Sue) Studio D No Class 12/26	★ 5:30p-6:30p Stretch & Relax (Kathleen) Studio A/B 12/13 Only		
6:00p-6:45p Ages 6+ Youth DrumCore (Jaryan) Studio E	6:10p-6:40p Yoga Kids (Bethany) Studio A/B Ages 2-4 12/11 & 12/18	5:15p-6:05p Zumba (Annette) Studio A/B 12/12 Only	5:30p-6:30p Full Body Circuit (Jim) Studio E		8:00a-9:00a Vinyasa Power Yoga (Clare) Studio D 12/22
6:40p-7:40p PiYo LIVE (Brienne) Studio A/B No Class 12/10		6:30p-7:30p Beginner Trim-N-Tone (Jaryan) Studio D	6:00p-6:45p KidZ in Motion (Kayla) Front Desk – Ages 5-10 No Class 12/6 & 12/20		Wellness Series: Check out our December topic at the Front Desk!

Open until 12pm on 12/24 and CLOSED all day on 12/25. Happy Holidays!

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.

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.

Beginner Circuit: We will incorporate weights, light cardio, body weight and more in a circuit style workout to leave you feeling refreshed and strong!

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!

DrumCore: A high-energy, full body workout, using drumsticks to the beat of the music! Try out this fun, fat-burning class!

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!

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.

KidZ in Motion: Join this fun class where every week is different! It's a great way to stay active but have FUN with your peers! Kickball, Dodgeball, Climbing Wall, Relays and more!

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.*

Silver Sneakers Splash: A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. **Splash** is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. *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.

Stretch & Relax: The holidays can be filled with stress and finding ourselves putting our own needs off. Come and stretch in a peaceful environment, listen to beautiful music and put yourself first. We do get on the floor for about half of the stretches so bring your own mat if you like otherwise we can provide one.

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.

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!

Yoga Kids: Through practice, exercise and play, this yoga class will help kids improve concentration and develop a sense of calmness. Parent attendance is necessary.

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.