

GROUP FITNESS SCHEDULE - DECEMBER








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. **Check out the Child Watch Schedule!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a Cycling (Ron) <i>Studio C</i>		5:30a-6:30a Boot Camp (Bethany) <i>Studio E</i>			7:15a-8:15a Aqua Boot Camp (Kathleen) <i>Pool (12/11)</i>	
5:30a-6:30a Boot Camp (Bethany) <i>Studio E</i> (NO 12/27)						
	8:30a-9:30a 20/20/20 (Annette) <i>Studio A/B</i>	8:00a-8:45a Cycling for the Ages (Ron) <i>Studio C</i>	8:30a-9:30a 20/20/20 (Annette) <i>Studio A/B</i>		9a-10a Metcon Meltdown (Patrick)  <i>Studio E</i>	
8:30a-9:30a Morning Splash (Marla) <i>Lap Pool (NO 12/13)</i>		8:30a-9:30a Morning Splash (Marla) <i>Lap Pool</i>		8:30a-9:30a Morning Splash (Marla) <i>Lap Pool (NO 12/24 & 12/31)</i>		
	8:00a-8:45a Flow Yoga (Karen) <i>Studio D (12/28 ONLY)</i>	8:30a-9:35a Gentle Yoga for Ease of Movement (Emily) <i>Studio D</i>	8:00a-8:45a Flow Yoga (Karen) <i>Studio D (12/23 & 12/30)</i>	8:30a-9:30a Vinyasa Power Yoga (Clare) <i>Studio D (NO 12/24)</i>		 4p-5p Yin Yoga (Clare) <i>Studio D (12/12)</i>
	4:30p-5:30p Water Aerobics (Carol) <i>Lap Pool</i>		4:30p-5:30p Water Aerobics (Carol) <i>Lap Pool</i>			 8:30a-TBD 108 Sun Salutations <i>Studio A/B (12/19)</i>
5:40p-6:40p Aqua Zumba (Angie) <i>Lap Pool (NO 12/20)</i>	3:45p-4:45p Flow Yoga (Karen) <i>Studio D</i>	5:00p-6:00p Yoga (Sue) <i>Studio D (NO 12/29)</i>	5:40p-6:40p Aqua Zumba (Angie) <i>Lap Pool</i>		SANTA at the LCC!!! 9:00a-TBD 12/18/21 	
5:30p-6:30p Vinyasa Power Yoga (Clare) <i>Studio D (NO 12/27)</i>						
6:00p-7:00p Full Body (Cheyanne) <i>Studio E</i>	6:00p-6:30p Quick Cycle (Bethany) <i>Studio C (NO 12/07)</i>	5:30p-6:30p Lower Body Strength Training (Cheyanne) <i>Studio E</i>	6:00p-7:00p Wind Down Yoga (Jessica)  <i>Studio D</i>			

December 24th: Open until 12pm / December 25th: CLOSED

CLASS DESCRIPTIONS

108 Sun Salutations: Join our yoga instructors and help celebrate the Winter Solstice by completing the 108 Sun Salutations. Take your body through a journey of strength as we move together as a community! Stay for some or stay for all! Late comers welcome as well!

20/20/20: This is a full body workout! Class starts with Zumba followed by toning/strengthening with hand weights, body weight, bands, ab work on the mat and ending with a relaxing stretch. Please bring your own yoga mat. All levels welcome!

Aqua Boot Camp: Start the weekend out right with this low impact, high intensity workout in the pool. Aerobics, tabata, strength, balance work – a little bit of everything in this 60-minute workout.

Aqua Zumba: The get fit pool party! Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-tonight workout!

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. Bring a towel or mat.

Flow Yoga: This Vinyasa-style class focuses on breath, restoring range of motion, easing tension, tight muscles and soreness while building strength, stability and balance. Modifications will be provided for all levels.

Full Body: This circuit focuses on full body strength. It incorporates athletic movements that will not only help strengthen but condition your entire body. Who's signing up for this one?!

Gentle Yoga for Ease of Movement: We will focus on slow, mindful movements that increase conscious awareness of the whole body. This somatic yoga practice helps to re-educate muscles, release tension, manage chronic pain and improve mobility. Restore your connection with your body so you can do what you love with ease!

Lower Body Strength Training: A well rounded leg circuit that will focus on strengthening your quads, hamstrings and glutes. All fitness levels are welcome, and remember, never skip leg day!

Metcon Meltdown: Metcon meltdown combines cardio and strength, as well as anaerobic and aerobic movements to challenge your current fitness level and maximize energy production.

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.

Quick Cycle: Power through this quick, HIIT-style cycling class! We will pedal it out to awesome music, get sweaty and have some fun!

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.

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.

Wind Down Yoga: Let go of the day and of the week and come to your mat for gentle movement and meditation. Class will begin with a centering meditation and our movements will connect us to our breath as we flow gently through them, ending with a longer laying down relaxation time. This class is for ALL levels and ALL bodies

Yin Yoga: A practice of deep stretching that targets the fascia, connective tissue that runs throughout the body. We will use props to settle into poses for 3-5 minutes each. Bring socks and a cozy sweatshirt to keep your body warm in the stillness. Yin Yoga is NOT for those that are pregnant or recently postpartum, or people with recent, acute injuries.

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