



Group Fitness Schedule - January 2018

Lunda Community Center www.lundacommunitycenter.com 715-670-0790

Please sign-up online or at the front desk. We encourage everyone to pre-register. Always check the schedule 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.

Child Watch OPEN from 8am-10am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a-6:15a Cycling (Ron P) Studio C	5:30a-6:20a Cycling (Ashley) Studio C	5:30a-6:15a Cycling (Ron P) Studio C	5:30a-6:20a Cycling (Ashley) Studio C	5:30a-6:15a Cycling (Ron P) Studio C	8:00a-9:00a Cycle & Core (Bethany) Studio C 1/6
5:30a-6:30a Boot Camp (Bethany) Studio E	5:30a-6:30a Core De Force (Brienne) Studio A/B	5:30a-6:30a Boot Camp (Bethany) Studio E	5:30a-6:30a PiYo LIVE (Brienne) Studio A/B	5:30a-6:30a Full Body Circuit (Jim) Studio E	9:00a-10:00a DrumCore (Jaryan) Studio D 1/6
		8:00a-8:45a Cycling for the Ages (Ron) Studio C			8:00a-9:00a Cycling (Ashley) Studio C 1/13
8:30a-9:30a Morning Splash (Marla) Pool	8:30a-9:30a 2 for 1 (Brienne) Studio D 1st, 2nd, 9th, 16th & 23rd	8:30a-9:30a Morning Splash (Marla) Pool	8:30a-9:30a 2 for 1 (Brienne) Studio D 4th, 11th & 18th	8:30a-9:30a Morning Splash (Marla) Pool	9:00a-10:00a Trim & Tone (Jaryan) Studio D ★ 1/13
8:45a-9:30a Beginner Boot Camp (Bethany) Studio E	8:30a-9:30a 20/20/20 (Annette) Studio D 1/30		8:30a-9:30a 20/20/20 (Annette) Studio D 1/25		8:00a-9:00a Cycling (Ron P) Studio C 1/20
					9:00a-10:00a Trim & Tone (Jaryan) Studio D ★ 1/20
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	4:30p-5:30p Water Aerobics (Carol) Lap Pool		8:00a-9:00a Cycling (Ron P) Studio C 1/27
5:00p-6:00p Cycle & Core (Lori) Studio C/D		3:45p-4:45p Yoga (Sue) Studio D	5:30p-6:15p Butts N' Guts (Bethany) Studio A/B		8:00a-9:00a DrumCore (Jaryan) Studio D 1/27
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B No Class 1/15	5:30p-6:30p Full Body Circuit (Jim) Studio E	5:00p-6:00p Yoga (Sue) Studio D	5:30p-6:30p Full Body Circuit (Jim) Studio E		9:00a-10:00a Functional Fitness (Ron C) Studio A/B 1/27
6:00p-7:00p Gentle Yoga (Brittany) Studio D	★ 5:30p-6:30p DrumCore (Jaryan) Studio D	★ 5:00p-5:45p Cycle & Core (Ron P) Studio C/E	6:30p-7:30p Hoop (Brittany) Studio A/B		10:00a-11:00a Hi Low Aerobics (Kathleen) Studio A/B 1/27
	6:30p-7:30p PiYo Live (Brienne) Studio A/B	5:30p-6:30p Functional Fitness (Ron C) Studio A/B No Class 1/3			

★ = New Class

Closed on New Year's Day

Class Description →

Group Fitness Class Description

2 for 1: A one-hour class, two workouts, with a combination of cardio and strength!

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! Most 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.

Core de Force: CORE DE FORCE is a MMA (mixed martial arts) -inspired workout with exhilarating Boxing, Kickboxing, and Muay Thai (stand-up striking) combinations with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve allover definition.

Country Heat Live: A high-energy, low impact, country dance-inspired workout that's so much fun you'll barely notice you're getting a total-body workout. You'll have a blast stepping in tune to the hottest country hits and quickly forget you're torching calories! It's so easy to do, you'll be lining up on the dance floor for more!

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!

Cycle and Core: Take a 40-minute ride in this journey that is designed to provide you with the optimum in fat burning and strength building. Class ends with core exercises.

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!

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

Gentle Yoga: Yoga for all fitness levels to help unite the mind, breath and body. This class will be set up to challenge you but will leave you feeling relaxed and grounded. Perfect way to end a Monday night!

Hoop: Hoop Dancing is a fun and creative way to work out your body and mind. It is considered a "flow art" which is the combination of creative movements such as dancing and the manipulation of an object, in this case a hula hoop. In class will be working on three main categories tricks, transitions, and technique.

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.

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.

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.

Step & Pump: Step class with weights added for a great fat-burning 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.

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