

GROUP FITNESS SCHEDULE - MARCH

Call us! 715.670.0790 / Find us online! www.lundacommunitycenter.com

Register online or at the Front Desk - Members: \$3. Non-Members: \$6 / Check out the Child Watch Schedule online!

CYCLING - all classes in Studio C					
MON	TUES	WED	THUR	FRI	SAT
		5:45a-6:15a Cycle 30 (Lori & Sue)		5:45a-6:15a Cycle 30 (Lori)	7:30a-8a Cycle 30 (Bethany) (3/02)
		7:55a-8:30a Cycle for the Ages (Sue A)			8a-8:30a Cycle 30 (Sue A) (3/09 & 3/23) 3/9 FREE!
	6p-6:30p Cycle 30 (Bethany) (NO 3/19)	★ 5:30p-6p 30/90 Spin (Jaryan) (NO 3/06) 3/13 FREE!	5:00p-5:30p Cycle 30 (Sue A)		

STRENGTH / CARDIO / MISC.					
MON	TUES	WED	THUR	FRI	SAT
		5:30a-6:30a Boot Camp (Bethany) Studio E			7:15a-8:15a Metcon Meltdown (Patrick) Studio E
8:45a-9:30a Beg. Boot Camp (Patrick) Studio E	8:30a-9:35a 20/20/20 (Annette) Dance Fitness w/ Lisa on 3/19 & 3/26	10:15a-10:50a Beg. Core & Stretch (Lori) Studio A/B	8:30a-9:35a 20/20/20 (Annette) Dance Fitness w/ Lisa on 3/21	8:45a-9:30a Beg. Boot Camp (Patrick) Studio E	★ 8:15a-8:45a 30/30 SIT (Jaryan) Studio A/B (3/02, 16 & 23)
★ 10:15a-11a Zumba Gold (Annette) Studio D (NO 3/18 & 3/25)					8:20-9:20a Mobility: Movement is Medicine (Patrick) Studio E
	★ 5:30p-6:00p Cardio-Kickin' It (Patrick) Studio E		★ 5:00pm-6:00pm Step, Strength & Walk (Kathleen) Studio D (NO 3/28) 3/21 FREE!		
5:30p-6:15p Full body (Chey) Studio E	6:45p-7:15p Express Core (Patrick) Studio E		5:30p-6:15p Lower Body Strength (Chey) Studio E		

***Silver Sneakers Classic: See Active Adult Schedule

YOGA						
MON	TUES	WED	THUR	FRI	SAT	SUN
		★ 8:40a-9:15a Yoga for Busy People (Emily) Studio D				
5:30p-6:30p Mobility & Flow (Clare) Studio D				8:30a-9:30a Vinyasa Power (Clare) Studio D (NO 3/08 & 29)	8:30am Beginner Yoga Studio D	
	5:00p-6:00p Yoga (Sue) Studio D					4:00p-5:00p Yin Yoga (Clare) Studio D (3/24 ONLY)

***Silver Sneakers Yoga: See Active Adult Schedule

WATER - all classes in lap pool					
MON	TUES	WED	THUR	FRI	SAT
8:30a-9:30a Morning Splash (Marla)		8:30a-9:30a Morning Splash (Marla)		8:30a-9:30a Morning Splash (Marla)	7:15a-8:15a Aqua Boot Camp (Kathleen) (3/16 ONLY)
	4:30p-5:30p Water Aerobics (Carol)		4:30p-5:30p Water Aerobics (Carol)		8a-9a Aqua Zumba (Angie) (NO 3/23)
5:40p-6:40p Aqua Zumba (Angie)			5:40p-6:40p Aqua Zumba (Angie)		8:20-9:20a Aqua Zumba (Angie) (3/16 ONLY)

– Keep an eye out for our **HEATED** fitness series! –

STRONG TODAY. STRONGER TOMORROW. STRONGEST TOGETHER.

GROUP FITNESS DESCRIPTIONS



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. All levels welcome!

30/30 SIT: 30 second compound exercise with 30 second rest for 6 times. With a 4-minute rest in between each circuit. 3 full body circuits.

30/90 Spin: Starting with a 5 min warm up, then 30 second sprints as hard as you can as fast as you can. Followed by a 90 second easy ride. repeating 10x. 5 minute cooldown.

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!

Beginner Core & Stretch: Get down on the mat for this 40-minute workout focusing on strengthening your core and ending with a full body stretch. **Must be able to get up and down from the floor.**

Beginner Yoga: This class is designed as an intro to the practice of yoga. Class is slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses.

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. **BEG. BC:** Beginner version!

Cardio-Kickin' it!: Utilize a variety of martial arts inspired movements to get a total body workout increasing that heart rate without the monotony of traditional cardio!

Cycle 30: Power through this quick, HIIT-style cycling class! We will pedal it out to awesome music, get sweaty and have some fun!

Express Core Conditioning: Whether you are looking to tone up your midsection, improve posture, improve muscle imbalances, or just look great in warmer weather, this 30-minute express class is for you. Focus is added on a variety of exercises to engage not just your abs, but the entire core!

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?!

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.

Mobility & Flow: Improve range of motion, flexibility, and posture in a class that blends functional movements with a flow of yoga postures. All levels and abilities.

Mobility: Movement is Medicine: Unlock better posture, range of motion, and restore mobility using a variety of modalities to feel better in your own body!

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. End the last 15 minutes water walking in our resistance pool!

Step, Strength & Walk: d

Upper Body: This class focuses on upper body strength movements targeting your chest, shoulders, back, triceps and biceps.

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.

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

Yoga for Busy People: Short on time? Join us for a gentle and beginner-friendly yoga sesh that fits in a 35-minute timeframe. Perfect as a warm-up or cool-down!

Zumba Gold: Active Older adults who are looking for a modified ZUMBA class that recreates the original moves you love at a lower intensity. The design of the class introduces easy to follow ZUMBA choreography that focuses on balance, range of motion and coordination. Can be done in a chair.