

# GROUP FITNESS SCHEDULE – MAY 2018

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.

**\*Child Watch is OPEN from 8am–10am Mon-Sat & 4pm–7:30pm Mon-TH\***

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	5:30-6:20a Cycling (Ashley) Studio C	★ 9:00a-10:30a Let's Play! Program Gym 0-7 years olds - 5/5
5:30a-6:30a Boot camp (Bethany) Studio E	★ 5:30a-6:30a Tabata (Michaela) Studio D	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	
		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 D	8:30a-9:30 Morning Splash (Marla) Lap Pool	8:30a-9:30a 20/20/20 (Annette) Studio D	8:30a-9:30a Morning Splash (Marla) Lap Pool	8:30a-9:30a Morning Splash (Marla) Lap Pool 5/12
8:45a-9:30a Beginner Boot Camp (Bethany) Studio E					★ 9:00a-10:00a Beginner Yoga Barre (Beth) Studio D 5/12
11:15a-12p Zumba Gold (Annette) Studio D	★ 4:00p-5:00p Beginner Trim-N-Tone (Jaryan) Studio D 5/15 FREE		6:15p-7:00p KidZ in Motion (Bethany) Meet at Front Desk 7-11 years old		
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		9:00a-10:00a Trim-N-Tone (Jaryan) Studio A/B 5/19
★ 4:00p-5:00p Beginner Tabata (Michaela) Studio D 5/7 FREE		3:45p-4:45p Yoga (Sue) Studio D	5:00p-6:00p Yoga Barre (Beth) Studio D		
5:00p-6:00p Cycle & Core (Lori) Studio C/E	5:30p-6:30p Full Body Circuit (Jim) Studio E	5:00p-6:00p Yoga (Sue) Studio D	5:30p-6:10p Butts N' Guts (Bethany) Studio A/B 5/10 BEGINNER CLASS		9:00a-9:50a Trim-N-Tone (Jaryan) Studio A/B 5/26
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B	5:30p-6:30p DrumCore (Jaryan) Studio D	5:30p-6:30p Battle Camp (Jim) Studio E	5:30p-6:30p Full Body Circuit (Jim) Studio E		10:00a-11:00a Fight, Be Fit, Relax! (Kathleen) Studio A/B ★ 5/26 FREE
6:00p-7:00p Gentle Yoga (Brittany) Studio D No Class 5/28	6:30p-7:30p PiYo LIVE (Brienne) Studio A/B	6:15p-7:15p Functional Fitness (Ron C) Studio A/B No 5/30	6:30p-7:30p Hoop (Brittany) Studio A/B No Class 5/31		

★ = New Class

Closed Monday, May 26<sup>th</sup>, for Memorial Day

Class Description →

# 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.

**Battle Camp:** Get a high intensity burn using battle ropes and other cardio/strength exercises. **Intermediate/advanced fitness level.**

**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!

**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!

**Fight, Be Fit, Relax!:** 20 minutes of cardio kickboxing, 20 minutes of aerobics and then about 10 minutes of stretching. You will leave this class feeling refreshed and sweaty!

**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:

**Hoop:** Hoop Dancing is a fun and creative way to work out your body and mind. Hoop dancing 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.

**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:** This class is for those 7-11 years old. Every week will be a variety of activities! Look forward to Kid's Boot Camp, Dodgeball, going outside, team-building activities, games in the Program Gym, Rock Climbing and so much more!

**Let's Play!:** Bring the kids to the Program Gym for some free play! Kids will enjoy sports equipment, mini obstacles, puzzles, toys and more. Parents must be in attendance. 0-7 years old. \$1 per child. Open to the public!

**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.

**Tabata:** This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. Be ready to break a sweat!

**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.

**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!

**Zumba Gold:** For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.