



# Group Fitness Schedule - NOVEMBER 2017

Lunda Community Center [www.lundacommunitycenter.com](http://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 during Saturday morning classes!!\***

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	9:00a-10:00a Cycling (Ron) Studio C 11/4 Only
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 No class 11/17 & 11/24	
8:30a-9:15a Beginner Boot Camp (Bethany) Studio E		8:00a-8:45a Cycling for the Ages (Ron) Studio C		8:30a-9:30a 20/20/20 (Annette) Studio D 11/24 ONLY	8:00a-9:00a KC Boot Camp (Kathleen) ★ Studio A/B 11/11 Only
8:30a-9:30a Morning Splash (Marla) Pool	8:30a-9:30a 20/20/20 (Annette) Studio D	8:30a-9:30a Morning Splash (Marla) Pool	8:30a-9:30a 20/20/20 (Annette) Studio D		9:15a-10:15a Step Aerobics (Kathleen) Studio A/B 11/11 Only
		★ 11:15a-12:00p Zumba Gold (Annette) Studio A/B	4:30p-5:30p Water Aerobics (Carol) Lap Pool		
		3:45p-4:45p Yoga (Sue) Studio D No Class 11/22	5:00p-5:45p Fitness ABCs 2-4y (Lisa) ★ Studio D 11/9 & 11/30		8:00a-9:00a KC Boot Camp (Kathleen) ★ Studio A/B 11/18 Only
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	5:00p-5:45p Kids on the Move 5-8y (Lisa) ★ Studio D 11/16 Only		9:00a-10:00a Country Heat Live (Brienne) Studio A/B 11/18 Only
5:00p-6:00p Cycle & Core (TBD) Studio C/D		5:00p-6:00p Yoga (Sue) Studio D No Class 11/22	5:30p-6:15p Butts N' Guts (Bethany) Studio A/B		
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B No Class 11/13	5:30p-6:30p Full Body Circuit (Jim) Studio E No class 11/14 & 11/21		5:30p-6:30p Full Body Circuit (Jim) Studio E No class 11/16		8:00a-9:00a Cycling (Bethany) Studio C 11/25 Only
★ 6:00p-7:00p Gentle Yoga (Brittany) Studio D No Class 11/13	6:30p-7:30p PiYo Live (Brienne) Studio A/B	5:30p-6:30p Functional Fitness (Ron C) Studio A/B No Class 11/8	6:30p-7:30p Hoop (Brittany) Studio A/B		9:00a-10:00a Zumba (Annette) Studio D 11/25 Only
7:30p-8:30p Beginner Tai Chi - 6 weeks (Ben) Studio D (Starts 11/20)			7:30p-8:30p Beginner Tai Chi - 6 weeks (Ben) Studio D (Starts 11/20)		

★ = New Class

\* CLOSED ON THANKSGIVING DAY \*

Class Descriptions



# Group Fitness Class Description

**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.

**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!

**Fitness ABCs (2-4 years):** Kids will work on their Agility, Balance, Coordination, Strengthening and much more, but most of all we they will have FUN!!! We will use songs, games, obstacle courses, bean bags, balls & more to promote brain & body fitness. All abilities welcome, including children with special needs!!

**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.

**KC Boot Camp:** Come join this fun and challenging class. Activities will include interval training, Tabata, strength training with tools such as bands, dumbbells and your own body weight. The class is for those with intermediate to advanced fitness levels and not for beginners.

**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.

**Kids on the Move (5-8 years):** In this class, your child will have FUN while being active! We will use obstacle courses, yoga, games, relays, balls and more to improve overall fitness. All abilities welcome, including children with special needs!!

**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.

**Tai Chi-Beginner (STARTS 11/20):** Tai Chi can help reduce stress, improve balance, increase movement, lower blood pressure, tone and strengthen muscles, increase energy and more! M/TH for 6 weeks. Members: \$60 and Non-Members: \$90.

**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.

**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.

**Zumba Gold:** 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.