

GROUP FITNESS SCHEDULE – NOVEMBER

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
5:40am-6:10am French Pyrenees Ride VIRTUAL		5:45a-6:15a Cycle 30 (Ron)		5:45a-6:15a Cycle 30 (Ron)	8:30a-9:00a Cycle 30 (Sue A.) <i>Studio C (11/09 & 11/23)</i>
	9am-9:30am Low Impact Ride VIRTUAL	★ 7:50a-8:35a Cycle for the Ages (Ron) <i>Studio C</i>	5:00p-5:30p Cycle 30 (Ron)	9am-9:30am 30min Ride VIRTUAL	9:00am-9:16am Rhythm Ride VIRTUAL
	6p-6:30p Cycle 30 (Bethany)		5:30pm-5:55pm Energy Intervals VIRTUAL		

***Virtual classes FREE. More Virtual options: See schedule at Front Desk. No need to register, but kindly inform our Front Desk staff before class starts.

STRENGTH / CARDIO / MISC.					
MON	TUES	WED	THUR	FRI	SAT
5:30a-6:30a Boot Camp (Bethany) <i>Studio E</i>	8:30a-9:35a 20/20/20 (Annette)	5:30a-6:30a Boot Camp (Bethany) <i>Studio E</i>	8:30a-9:35a 20/20/20 (Annette)		8:15a-9:15a Metcon Meltdown (Patrick) <i>Studio E</i>
8:45a-9:30a Beg. Boot Camp (Patrick) <i>Studio E</i>	9:45a-10:15a Pilates (Karen) <i>Studio A/B</i>	10:15a-10:50a Beg. Core & Stretch (Lori) <i>Studio A/B</i>	9:45a-10:15a Pilates (Karen) <i>Studio A/B</i>	8:45a-9:30a Beg. Boot Camp (Patrick) <i>Studio E</i>	★ 9:30a-10:30a Fierce Fit Kids (Patrick) <i>Studio E</i>
10:15a-11a Zumba Gold (Annette) <i>Studio D</i>	10:20a-11:05a Full Body Sculpt (Karen) <i>Studio A/B</i>		10:20a-11:05a Full Body Sculpt (Karen) <i>Studio A/B</i>		
			★ 5:15pm-6:15pm KC Boot Camp (Kathleen) <i>Studio D</i>		FITNESS SAMPLER! 8:00a-9:30a <i>Each workout will last 10-15 min. from various instructors!</i>
★ 4:50p-5:20p Butts N' Guts (Bethany) <i>Studio D (11/11 & 11/25)</i>	6:45p-7:15p Express Core (Patrick) <i>Studio E</i>	★ 6:30p-7:30p Dancercise (Lisa) <i>Studio D</i>			

***Silver Sneakers Classic: See Active Adult Schedule

YOGA						
MON	TUES	WED	THUR	FRI	SAT	SUN
★ 9:35a-10:05a Gentle Stretch (Hatie) <i>Studio D</i>		8:40a-9:50a Gentle Yoga (Emily) <i>Studio D</i>				
5:30p-6:30p Mobility & Flow (Clare) <i>Studio D</i>		9:45a-10:10a Art of Tai Chi VIRTUAL		8:30a-9:30a Vinyasa Power (Clare) <i>Studio D</i> (NO 11/01 & 11/29)		4:00p-5:00p Yin Yoga (Clare) <i>Studio D</i> (11/17 ONLY)
	5:00p-6:00p Yoga (Sue) (NO 11/19)			10:00a-11:00a Vinyasa Power (Clare) (11/29 ONLY)		

***Silver Sneakers Yoga and Stability: See Active Adult Schedule

WATER - all classes in lap pool						
MON	TUES	WED	THUR	FRI	SAT	SUN
8:30a-9:30a Morning Splash (Marla) (NO 11/25)		8:30a-9:30a Morning Splash (Marla)		8:30a-9:30a Morning Splash (Marla) (NO 11/08 & 11/29)	7:15a-8:15a Aqua Boot Camp (Kathleen) (11/16 ONLY)	
	4:30p-5:30p Water Aerobics (Carol)		4:30p-5:30p Water Aerobics (Carol)		7:30am-8:30am Aqua Zumba (Angie) (NO 11/16 & 11/30)	
5:40p-6:40p Aqua Zumba (Angie)		★ 4:30p-5:30p Deep Water (Laura)	5:40p-6:40p Aqua Zumba (Angie) (NO 11/21)			

YOU ARE AMAZING! YOU ARE POWERFUL! YOU ARE INSPIRING!



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!

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.**

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!

Butts N' Guts: Tone and shape your backside while strengthening and sculpting your abs... need we say more?

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

Dancersize: This class combines strengthening routines with cardio dance fitness. Improve your balance, flexibility, and stamina, while moving to a variety of rhythms in an upbeat atmosphere.

Deep Water: Cardiovascular workout without impact on the joints! The water buoyancy supports your weight and moving through the water provides resistance and strengthening of the muscles. You do not need to know how to swim to enjoy this class!

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!

Fierce Fit Kids: A fitness-focused class for those who want to combine the health benefits of a traditional kickboxing class without any of the bruises or downsides to traditional kickboxing.

Full Body Sculpt: Weight Training class using dumbbells and bodyweight that targets the entire body, with core and cardio interspersed.

Gentle Stretch: Join Hatie for a low-to-the-ground stretch sesh. Expect slow movements and multiple options for all poses. You'll leave feeling loose, relaxed, and ready to try some new stretches at home!

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!

KC Boot Camp: Variety will be the name of the game for this class. We will utilize steps, weights, bands, may go outside, the track and your own body weight to get a good workout in! Modifications can always be given. Fast paced class and fun!

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.

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. There is an additional 15-minutes Water Walk in the Lazy River on Wednesdays after the hour-long class!

Pilates: Create strength in your powerhouse-abs, low back, hips, glutes and thighs so your body is prepared to do your favorite activities. Create balance, flexibility, strength, control and endurance to prevent injury or rehab sore or injured muscles. This low impact exercise will create physical and mental conditioning to enhance strength, flexibility and coordination as well as reduce stress, improve mental focus and foster well-being.

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.

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.