

GROUP FITNESS SCHEDULE - SEPTEMBER

Call us! 715.670.0790

Find us online! www.lundacommunitycenter.com



★ = new class!

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. [Check out the Child Watch Schedule!](#)

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-6:30a PiYo LIVE (Brienne) Studio A/B	5:30a-6:20a Cycling (Ashley) Studio C	8:00a-9:00a Trim-N-Tone (Jaryan) Studio A/B 9/07
5:30a-6:30a Boot Camp (Bethany) Studio E		5:30a-6:30a Boot Camp (Bethany) Studio E			9:00a-10:00a Vinyasa Power Yoga (Clare) Studio D 9/07
		8:00a-8:45a Cycling for the Ages (Ron P) Studio C			9:05a-10:05a Zumba (Angie) Studio A/B 9/07
	8:15a-9:15a 20/20/20 (Annette) Studio A/B NO 9/10		8:15a-9:15a 20/20/20 (Annette) Studio A/B NO 9/12		
8:30a-9:30a Morning Splash (Marla) Lap Pool		8:30a-9:30a Morning Splash (Marla) Lap Pool		8:30a-9:30a Morning Splash (Marla) Lap Pool NO 9/27	9:00a-10:00a Yoga Barre (Beth) Studio D 9/14
8:45a-9:30a Beginner Boot Camp (Bethany) Studio E	"Hello amazing human being.....ready to challenge yourself today?"	9:15a-10:00a Beginner Circuit (Jaryan) Studio D	★ 12:15pm-12:45pm Quick 30 Cycle (Bethany) Studio C NO 9/05	8:30a-9:30a Vinyasa Power Yoga (Clare) Studio D	9:05a-10:05a Zumba (Angie) Studio A/B 9/14
9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B		9:00a-10:00 Silver Sneakers Classic (Lori) Studio A/B		9:00a-10:00a Silver Sneakers Yoga (Lori) Studio A/B	
	4:30p-5:30p Water Aerobics (Carol) Lap Pool		4:30a-5:30p Water Aerobics (Carol) Lap Pool		8:00a-9:00a Trim-N-Tone (Jaryan) Studio A/B 9/21
		3:45p-4:45p Yoga (Sue) Studio D	5:00p-6:00p Yoga Barre (Beth) Studio D		9:05a-10:05a Zumba (Angie) Studio A/B 9/21
5:30p-6:30p Step Aerobics (Kathleen) Studio A/B	★ 4:30p-5:00p Quick 30 Cycle (Bethany) Studio C 9/03 FREE!	5:00p-6:00p Yoga (Sue) Studio D			7:00a-8:00a Cycling (Ashley) Studio D 9/28 FREE!
5:30p-6:15p Upper Body Blast (Jaryan) Studio E	★ 5:15p-6:15p Zumba Kids! (Angie) Ages 7-11 4-week program Starts 9/09 Studio A/B	★ 6:00p-7:00p Toned Together (Jaryan) 4-week program – A/B See back for details	5:10p-6:10p Zumba (Angie) Studio A/B		8:00a-9:00a Trim-N-Tone (Jaryan) Studio A/B 9/28
5:30p-6:30p Power Vinyasa Yoga (Clare) Studio D NO 9/23	5:30p-6:15p Beginner Circuit (Jaryan) Studio D	5:30p-6:25p Functional Fitness (Ron C) Studio E	6:15p-7:00p Beginner Trim-N-Tone (Jaryan) Studio A/B		9:00a-10:00a Vinyasa Power Yoga (Clare) Studio D 9/28
6:40p-7:40p PiYo LIVE (Brienne) Studio A/B	6:30p-7:30p Mindfulness Yoga (Brittany) Studio A/B 9/10 & 9/24 9/24 FREE!			Try out new classes! Bring a friend! Have fun!	9:05a-10:05a Zumba (Angie) Studio A/B 9/28

CLOSED FOR LABOR DAY, MONDAY, SEPTEMBER 2!

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.

Beginner Circuit: This low-impact class will take you through circuits of strength and cardio. You will leave this class feeling proud of what you accomplished!

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.

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!

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!

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

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.

International Folk Dance: International folk dance is a great way to get some exercise, make new friends and learn a slice of culture from other countries. In this class, easy circle and line folk dances will be taught. No experience or partner is necessary, just bring some comfortable shoes and get ready to experience the joy of movement and dance, community building and a taste of world culture.

Mindfulness Yoga: Combines breath and movement to unite the mind and body while calmly acknowledging and accepting where you are in the present moment. Helps with flexibility, strength, clarity, stress and more. A true workout for your body and mind. ALL LEVELS 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.

Silver Sneakers Classic: Increase muscle strength. Range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Lori can modify the exercises for your fitness level. *Free for Silver Sneakers members.*

Silver Sneakers Yoga: A class designed to challenge you physically and mentally with simple/safe yoga exercises using a chair for support to increase flexibility.

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.

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.

Toned Together: Join this 4-week program with a loved one or friend. You will receive three workouts for ALL FITNESS LEVELS and healthy home cooked meal the 4th week right here in our beautiful Hub-Great Room.

Upper Body Blast: Are you ready for your summer body? Here is a class for you to work on arms, shoulders, backs and core. Combination of strength and light cardio to get you tank top ready.

Quick 30 Cycle: Bring your lunch hour to the seat for this quick interval ride that will leave you feeling refreshed and ready to tackle on the rest of your day! Music will be loud, so get ready to jam out and ride! ALL FITNESS 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.

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.

Vinyasa Yoga: A dynamic practice that connects movement with breath. By bringing awareness every yoga posture, we flow through an unique sequence with an abundance of mindfulness. It is the most popular form of yoga in contemporary yogic practice. The variable nature of vinyasa yoga prevents repetitive motion injuries that can happen if you are always doing the same thing every day.

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: 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 Kids: The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Members \$12 & Non-Members \$24