



GROUP FITNESS SCHEDULE – SEPTEMBER

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 (Ron) (NO 9/16)		5:45a-6:15a Cycle 30 (Ron)	

***Virtual classes **FREE**. 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
	8:30a-9:35a 20/20/20 (Annette) Studio A/B	5:30a-6:30a Circuit PLUS (Bethany) Studio E	8:30a-9:35a 20/20/20 (Annette) Studio A/B	8:45a-9:30a Feel Good Friday (Patrick) Studio E	7:30a-8:30a ★ Zumba Studio A/B (Angie) (NO 9/26)
8:45a-9:30a Beg. Boot Camp (Patrick) Studio E		10:15a-10:50a Beg. Core & Stretch (Lori) Studio A/B		9:40a-10:10a Mental Reset (Patrick) Studio D	9:30a-10:30a ★ Fierce Fit Kids (Patrick) Studio E
10:15a-11:00a Floor-to-Stand Strength ★ (Patrick) Studio E	9:45a-10:30a Full Body Sculpt (Karen) Studio A/B		9:45a-10:30a Full Body Sculpt (Karen) Studio E	★ 10:15a-10:50a Beg. Core & Stretch (Sue) Studio A/B (Starting 9/11)	
			10:00a-10:45a Gold Dance Fitness (Lisa) Studio D		
★ 5:30p-6:30p Fight Camp (Patrick) Studio E	5:30p-6:30p Metcon (Patrick) Studio E	5:00p-5:45p Dance Fitness (Lisa) Studio D (NO 9/09)	★ 5:15p-6:15p Step, Strength, Stretch (Kathleen) Studio D (9/10 ONLY)		
	★ 6:35p-7:05p Express Core Conditioning (Patrick) Studio E	★ 5:30p-6:15p Suspension Training (TRX) (Patrick) Studio E	★ 5:15p-6:15p Wildcard Workout (Kathleen) ★ Studio D (9/24 ONLY)		

***Silver Sneakers Classic: See Active Adult Schedule

   MIND/BODY/ MOBILITY						
MON	TUES	WED	THUR	FRI	SAT	SUN
9:40a-10:15a Gentle Stretch (Emily) Studio D	10:45a-11:15a Yogalates (Karen) Studio A/B	8:40a-9:50a Gentle Yoga (Emily) Studio D	10:45a-11:15a Yogalates (Karen) Studio A/B	8:30a-9:30a Vinyasa Power Yoga (Clare) Studio D	9:00a-10:00a Outdoor Walk & Yoga (Hatie) (9/26 ONLY) ★ Meet at Front Desk	
5:30p-6:30p Mobility & Flow (Clare) Studio D		4:00p-4:50p Yoga (Sue) Studio D (Starting 9/16)	★ 8:45a-9:30a Chair Stability & Mobility (Various) Studio D	★ 8:00a-9:00a Yoga of Awareness (Bethany T) Studio D	4:00p-5:00p Yin Yoga (Clare) Studio D (9/27 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)	8:30a-9:30a Deep Water (Laura)	8:30a-9:30a Morning Splash (Marla)	4:30p-5:30p Water Aerobics (Carol)	8:30a-9:30a Morning Splash (Marla)		8:15a-9:15a ★ Aqua Boot Camp (Kathleen) (9/13 ONLY)
5:40p-6:40p Aqua Zumba (Angie)	4:30p-5:30p Water Aerobics (Carol)		5:40p-6:40p Aqua Zumba (Angie) (NO 9/17)			

WE ARE CLOSED LABOR DAY!!

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!

Aqua Boot Camp: Start the weekend off 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 Boot Camp: Combines cardio, strength training and mobility. Challenge your body through timed intervals of free weights, bands and your own body weight.

Chair Stability & Mobility: This 45-minute class features a variety of sitting and standing exercises to improve your balance and increase range of motion.

Instructors: Emily, Karen, Patrick and Clare.

Circuit PLUS: This class will give you variety while hitting each muscle group! We will work with dumbbells, TRX, slam balls, battle ropes and our own body weight. All levels welcome!

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

Dance Fitness: 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!

Feel Good Friday: We will focus on corrective exercise, regaining mobility, and enhancing movement patterns. This low impact class focuses on ensuring you and your body feel better by time you leave.

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.

Fight Camp: his class blends traditional strength training and cardio mixed with kickboxing and martial arts techniques to get you an outstanding workout and effective stress relief. ****This is a non-contact class and there will be NO sparring****

Floor-to-Stand-Strength: Build the strength and confidence needed for everyday movements such as rising from low seating and safely transitioning to and from the floor. This class focuses on lower-body strength, balance, and upper-body support using chair-assisted and scalable exercises so each participant can work at an appropriate level.

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

Gentle Stretch: Join Emily for this 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!

Gold Dance Fitness: Same as Zumba Gold – just a different name! 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.

Mental Reset: This class is a guided meditation. All you have to do is show up, get comfy, and listen as Patrick guides you through a relaxing guided meditation to start your weekend off the right way! No experience necessary

Metcon: Metcon combines cardio and strength, as well as anaerobic and aerobic movements to challenge your current fitness level and maximize energy production. We will use dumbbells, resistance bands, kettlebells and more. ALL FITNESS LEVELS WELCOME.

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: Experience 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!

Step, Strength & Stretch: This class combines strength and cardio conditioning with dynamic balance moves to build and maintain strong bones and muscles and improved agility to enhance daily living.

Suspension Training: Build strength, improve balance, and engage your core with this full-body suspension trainer class! Using just your body weight, we'll work through scalable exercises that target all major muscle groups while boosting flexibility and endurance.

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.

Wildcard Workout: The Wildcard Workout will be an unknown workout and you will not know what it is until you show up! It will mainly consist of intervals which could be aerobics, kickboxing, stretching, strength, walking the track, walking outside for a bit, using fitness props for a workout... could be almost anything! It will be structured for **most** people to participate but will also be a little higher in intensity. Come and check it out!

Yin Yoga: A practice of deep stretching that targets the fascia, connective tissue that runs throughout the body. Do not attend if pregnant or recently postpartum, or with any cut injuries.

Yogalates: Combination of yoga and Pilates, designed to enhance flexibility, core strength and mindfulness. Low impact.

Yoga of Awareness: Rooted in Kundalini Yoga tradition, enjoy the benefits of harmonizing breath, movement, and mantra. All bodies welcome!