

# GROUP FITNESS SCHEDULE – NOVEMBER

Call us! 715.670.0790 / Find us online! [www.lundacommunitycenter.com](http://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) Studio C		5:45a-6:15a Cycle 30 (Ron) Studio C	7:30a-8:00a Butts N' Guts (Bethany) <b>(11/04 ONLY)</b>
		7:55a-8:30a Cycle for the Ages Studio C			
	6p-6:30p Cycle 30 (Bethany) <b>(NO 11/21)</b>		5:00p-5:30p Cycle 30 (Ron) Studio C		

STRENGTH / CARDIO / MISC.					
MON	TUES	WED	THUR	FRI	SAT
		5:30a-6:30a Boot Camp (Bethany) Studio E			7:15a-8:15a Metcon Meltdown (Patrick) Studio E
8:45a-9:30a ★ Beg. Boot Camp (Patrick) Studio E	8:30a-9:35a 20/20/20 (Annette) Studio A/B	10:15a-10:50a Beg. Core & Stretch (Lori) Studio A/B	8:30a-9:35a 20/20/20 (Annette) Studio A/B	8:45a-9:30a ★ Beg. Boot Camp (Patrick) Studio E	★ 8:20-9:20a Mobility: Movement is Medicine (Patrick) Studio E
★ 10:15a-11a Zumba Gold (Annette) Studio D		5:30p-6:30p Dance Party! <b>(11/01)</b> Angie & Annette Studio A/B			
	★ 5:30p-6:00p Cardio-Kickin' It (Patrick) Studio E	★ 5:40p-6:40p Zumba (Angie) Studio A/B <b>(11/08 &amp; 11/22)</b>		7:30a-8:30a Step (Kathleen) Studio A/B <b>(11/24)</b>	
5:30p-6:15p Full body (Chey) Studio E	6:45p-7:15p Express Core (Patrick) Studio E	5:30p-6:15p Lower Body Strength (Chey) Studio E			

\*\*\*Silver Sneakers Classic: See Active Adult Schedule

YOGA						
MON	TUES	WED	THUR	FRI	SAT	SUN
	9:45a-10:15a Pilates (Karen) Studio A/B <b>(NO 11/28)</b>	8:40a-9:50a Gentle Ease (Emily) Studio D	9:45a-10:15a Pilates (Karen) Studio A/B <b>(NO 11/30)</b>			★ 9a-9:50a Restorative Yoga (Hatie) Studio D
5:30p-6:30p ★ Mobility & Flow (Clare) Studio D	★ 10:15a-11:15a Sculpt (Karen) Studio A/B <b>Starts 11/02, ends 11/21!</b>		★ 10:15a-11:15a Sculpt (Karen) Studio A/B <b>Starts 11/02, ends 11/21!</b>	8:30a-9:30a Vinyasa Power (Clare) Studio D	8:30am Beginner Yoga Studio D	
	5:00p-6:00p Yoga (Sue) Studio D					4:00p-5:00p Yin Yoga (Clare) Studio D <b>(11/19)</b>

\*\*\*Silver Sneakers Yoga: See Active Adult Schedule

WATER - all classes in lap pool					
MON	TUES	WED	THUR	FRI	SAT
8:30a-9:30a Morning Splash (Marla)		8:30a-9:30a Morning Splash (Marla)		8:30a-9:30a Morning Splash (Marla) <b>(NO 11/24)</b>	7:15a-8:15a Aqua Boot Camp (Kathleen) <b>(11/18)</b>
	4:30p-5:30p Water Aerobics (Carol)		4:30p-5:30p Water Aerobics (Carol)		
5:40p-6:40p Aqua Zumba (Angie)			5:40p-6:40p Aqua Zumba (Angie)		

★ = New Class!

**SAVE THE DATE! Group Fitness Sampler on Saturday, November 18. FREE!**



## STRONG TODAY. STRONGER TOMORROW. STRONGEST TOGETHER.

# 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 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.**

**Beginner Yoga:** This class is designed as an intro to the practice of yoga. Class is slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses.

**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!

**Cardio-Kickin' it!:** Utilize a variety of martial arts inspired movements to get a total body workout increasing that heart rate without the monotony of traditional cardio!

**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 Party:** Line Dancing and Zumba with Annette and Angie! All about fun. No experience necessary!

**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!

**Full Body:** This circuit focuses on full body strength. It incorporates athletic movements that will not only help strengthen but condition your entire body. Who's signing up for this one?!

**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!

**Lower Body Strength Training:** A well rounded leg circuit that will focus on strengthening your quads, hamstrings and glutes. All fitness levels are welcome, and remember, never skip leg day!

**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.

**Mobility: Movement is Medicine:** Unlock better posture, range of motion, and restore mobility using a variety of modalities to feel better in your own body!

**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. End the last 15 minutes water walking in our resistance pool!

**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. 4 weeks long.

**Sculpt Series:** Starting at a foundational level, we will work on correct form and breathing for approximately 10 different exercises that target the entire body. Depending on where you are in your weight training journey, we will work on building on your reps, sets and weights gradually. You will be given a log to record your progress and goals.

**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. Come and join us!

**Upper Body:** This class focuses on upper body strength movements targeting your chest, shoulders, back, triceps and biceps.

**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.

**Yoga:** This hour-long class starts with a core work out to strengthen and yoga to center our breathing, gain flexibility and balance.

**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.