

Cardio/KB (Kettlebells) Boot Camp

Get your cardio and strength training done simultaneously with this inclusive workout.

Instructor: Diane (Wednesday PM)

Jill (Thursday AM)

Cardio HIIT (High Intensity Interval Training)

Class involves alternating periods of short intense exercise with less intense recovery periods.

Instructor: Jill

Kettlebells/TRX

A combination of the power and versatility of kettle bells with the core utilization of TRX.

Instructor: Tim

Kettlebells/TRX Beginner

A modified, lower-intensity version of Kettle bells/TRX.

Instructor: Tim

Mat Pilates

Develop strength, flexibility, and control, while focusing on alignment and building a powerful core.

Instructor: Kathy

POUND®

Cardio and strength workout using lightly-weighted drumsticks in sync with energizing music.

Instructor: Diane

Power Pump

Utilize rhythm changes with a variable weight bar for a total body strength-based workout.

Instructor: Deanna

Steady As You Go***

Low impact, low intensity fitness class geared toward those just starting to exercise or those 50 years of age and older. All activities are performed sitting or standing.

Instructor: Heather

Step Kick

A combination of step and kickboxing interval training.

Instructor: Deanna

Strength Training

Build strength and muscular endurance with a variety of equipment.

Instructor: SuZanne

STRONG®

A high intensity interval training, full body workout synced with music to increase motivation and push you past your limits. This is NOT a dance fitness class.

Instructor: Anna

Tone and Trim

Sculpt your body using multiple strengthening exercises.

Instructor: Diane

Trifecta

A full body workout with a combination of cardio, sculpting with light weights, and ending with core strengthening.

Instructor: Kathy

Zumba®

Dance-based aerobic fitness class combining Latin and other hip-hop style music with easy-to-follow choreography.

Instructors: SuZanne (M/W AM), Anna (T PM)

Zumba® Gold

A modified, lower-intensity version of Zumba® perfect for seniors, beginners or others needing modification in their exercise routine.

Instructor: Anna

Zumba® Plus

Easy to follow choreography combined with various strength and toning exercises.

Instructor: Deanna

Yoga Classes

Hatha Yoga

Quiet the mind by placing attention on the breath and movement of the body. Build strength and stamina using bodyweight and the breath.

Instructor: Mary

Power Yoga

A vigorous, fitness-based approach to vinyasa-style yoga.

Instructors: Brandi

Senior Yoga***

Yoga geared toward an older adult population. Increase flexibility and quiet the mind. May be completed in a chair or on the ground.

Instructor: Heather

Yoga

Connect the breath to flowing movements while developing strength, balance and flexibility.

Instructor: Laura

Special Services

Personal Training Available!

If interested, please e-mail sportsandwellness@scrmc.org for more information.





The Lindstrom Wellness Center is a "Silver & Fit" Fitness Facility.

Ask us about insurance reimbursement options!!!

Icon Definitions

 = Cardio-based

 = Strength-based

 = Flexibility/Mind

[*]** = Low Impact/Intensity

Follow "St. Croix Regional Wellness" on Facebook or visit www.regionalsportsmedicine.org for the latest updates. www.scrmc.org

Call Lindstrom Wellness Center at 715-483-0337 or email sportsandwellness@scrmc.org for more information.

Class Fees

PACKAGES	FEE	SAVINGS/COST PER CLASS
Unlimited Session (Sept. 1 - Nov. 30)	\$125	\$9.62 per week
Unlimited Month	\$45	\$11.25 per week
20 Punch Card	\$100	\$5 per class
15 Punch Card	\$80	\$5.33 per class
10 Punch Card	\$60	\$6 per class
Walk-In	\$7	
Senior Pricing (62 and older)	\$2	

Punch cards expire 3 months after date of purchase.

Unlimited Monthly expires one month after date of purchase.

DISCOUNTS are available for students, SCRMC & CL School District employees and veterans.



12375 LINDSTROM LANE
LINDSTROM, MN 55045
WWW.SCRMC.ORG

Fall Schedule (September 1 - November 30, 2017)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 - 5:45 AM Zumba*	5:00 - 5:45 AM Strength Training	5:00 - 5:45 AM Zumba*	5:00 - 5:45 AM Strength Training	5:00 - 5:45 AM Yoga	
	9:00 - 9:45 AM Power Pump	9:00 - 9:45 AM Cardio HIIT	9:00 - 9:45 AM Step Kick	9:00 - 9:45 AM Cardio/KB Boot Camp	9:00 - 9:45 AM Tone & Trim	8:00 - 8:45 AM Power Pump
	10:00 - 11:00 AM Steady As You Go	10:00 - 10:45 AM Mat Pilates	10:00 - 11:00 AM Steady As You Go	10:00 - 10:45 AM Zumba* Gold	10:00 - 10:45 AM Senior Yoga	
	4:00 - 4:45 PM POUND*	4:00 - 4:45 PM Trifecta	4:00 - 4:45 PM Cardio/KB Boot Camp	4:00 - 4:45 PM Zumba* Plus		Watch Facebook & E-mails for weekly Saturday Classes
5:00 - 5:45 PM Hatha Yoga	5:00 - 5:45 PM Power Pump		5:00 - 5:45 PM Beginner KB/TRX*			
	6:00 - 7:00 PM STRONG*	6:00 - 7:00 PM Power Yoga	6:00 - 6:45 PM KB/TRX*	6:00 - 6:45 PM POUND*		
		7:15 - 8:00 PM Zumba*	7:00 - 8:00 PM Power Yoga	7:00 - 8:00 PM Hatha Yoga		

NO CLASSES: September 3 and 4 (Labor Day) or November 23 and 24 (Thanksgiving)

***Low impact, low intensity class

Fitness Class Schedule

Lindström Wellness Center



FREE
Two Week
Trial

