

HEALTH & FITNESS

[Learn more about registering for non-credit classes.](#)

Aerobics

Course #: 6080769000

Course Description:

Strengthen your cardiovascular system by performing exercises to music. Floor aerobics and stretching will also be included at the end of each session. Wear comfortable clothes, bring a floor mat, and be prepared to get moving.

Class No: 5340	9/19/2019 – 10/31/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/19/2019 – 10/31/2019 9:30am – 10:30am at Three Lakes - Reiter Center

Class No: 5341	11/5/2019 – 12/19/2019	Delivery: Class	Fees Under 62: \$60.50	Fees Over 62: \$48.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 – 12/19/2019 9:30am – 10:30am at Three Lakes - Reiter Center
Class will not meet 11/28, 12/3, 12/5.

Easy Pace Aerobics

Course #: 6080769002

Course Description:

Energizing and self-paced, this program increases your overall fitness without excessive stress on your joints. The class includes stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere. Bring handheld weights to use on Mondays and a stretch band for Wednesdays.

Class No: 5412	9/9/2019 - 10/23/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	-----------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Mon/Wed 9/9/2019 - 10/23/2019 9:00am - 10:00am at Eagle River - First Congregational Church

Class No: 5419	10/28/2019 - 12/16/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Mon/Wed 10/28/2019 - 12/16/2019 9:00am - 10:00am at Eagle River - First Congregational Church
Class will not meet 11/27.

Functional Conditioning TRX

Course #: 6080764912

Course Description:

Condition your body utilizing a suspended balance trainer, a portable easy-to-use training system that makes your body weight work for you. Learn exercises to improve strength, core stability, balance, and flexibility. Exercises can be done almost anywhere, indoors or outdoors, and beginning to very advanced strength levels can benefit from this class. A TRX will be provided for use in class. Students should bring a floor mat and water to each class session.

Class No: 5336	9/16/2019 - 12/16/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Mon 9/16/2019 - 12/16/2019 6:00pm - 7:00pm at Groundwork Grappling

Gentle Hatha Yoga

Course #: 6056060001

Course Description:

"Still your wandering mind, and be here now," is a suitable invitation for those beginning and continuing a yoga practice. With present-moment mindfulness, we recognize our essential elements of health and well-being through a combination of physical postures (asanas) and breath awareness (pranayama) which constitute Hatha Yoga. Balance, resilience, and strength are accomplished without strain, honoring our physical challenges and opportunities. Bring a mat, strap, and small blanket/pillow/cushion to class.

Class No: 5387	9/5/2019 - 10/24/2019	Delivery: Class	Fees Under 62: \$59.50	Fees Over 62: \$47.50
-------------------	-----------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Thur 9/5/2019 - 10/24/2019 3:45pm - 5:15pm at Woodruff - Unitarian Uni Fellow Bldg

Class will not meet 10/3 Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Class No: 5388	9/9/2019 - 10/21/2019	Delivery: Class	Fees Under 62: \$51.00	Fees Over 62: \$41.00
-------------------	-----------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Mon 9/9/2019 - 10/21/2019 4:00pm - 5:30pm at Woodruff - Unitarian Uni Fellow Bldg

Class will not meet 9/30. Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Class No: 5391	11/4/2019 - 12/16/2019	Delivery: Class	Fees Under 62: \$51.00	Fees Over 62: \$41.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Mon 11/4/2019 - 12/16/2019 4:00pm - 5:30pm at Woodruff - Unitarian Uni Fellow Bldg

Class will not meet 11/25 Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Class No: 5393	11/7/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$51.00	Fees Over 62: \$41.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Thur 11/7/2019 - 12/19/2019 3:45pm - 5:15pm at Woodruff - Unitarian Uni Fellow Bldg

Class will not meet 11/28 Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Getting Your Brain on Your Side

Course #: 6056060508

Course Description:

Wouldn't it be nice if we got an owner's manual with our brains? We don't, but with a little inside info, we can get those little gray cells working for us instead of tripping us up. In this engaging course, we explore surprisingly easy ways to get your brain on your side. This is not a course in "brain games." Instead, you'll get a grounding in the brain's fundamental operating principles and learn how to make the most of neuroplasticity - our brain's ability to grow and change throughout our lives. We touch on willpower, habit, negative self-talk (and how to talk back), and how happiness, sleep, exercise and generosity affect your cognitive abilities... and more. There is no required reading, but the instructor will offer suggestions for relevant books, and you will receive comprehensive notes to keep.

Class No: 5437	9/25/2019 - 11/13/2019	Delivery: Class	Fees Under 62: \$65.00	Fees Over 62: \$53.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Teuke

Meetings:

Wed 9/25/2019 - 11/13/2019 10:30am - 12:00pm at Northwoods Center 208

Hatha Yoga

Course #: 6056060000

Course Description:

Hatha Yoga combines physical postures (asanas) with breath awareness (pranayama) to create a foundation for developing insight into the nature of our energetic world. This lifelong, dynamic practice, informed by present-moment mindfulness, teaches us awareness (observation without judgment), as we take time to look deeply. Bring a mat, strap, and small blanket/pillow/cushion.

Class No: 5389	9/10/2019 - 10/29/2019	Delivery: Class	Fees Under 62: \$59.50	Fees Over 62: \$47.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Tue 9/10/2019 - 10/29/2019 4:30pm - 6:00pm at Tamarack Center 110
Class will not meet 10/1 Bring a mat, blanket, small pillow, and strap.

Class No: 5390	9/11/2019 - 10/30/2019	Delivery: Class	Fees Under 62: \$63.00	Fees Over 62: \$51.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Wed 9/11/2019 - 10/30/2019 5:15pm - 7:00pm at Woodruff - Unitarian Uni Fellow Bldg
Class will not meet 10/2 Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Class No: 5392	11/6/2019 - 12/18/2019	Delivery: Class	Fees Under 62: \$54.00	Fees Over 62: \$42.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Wed 11/6/2019 - 12/18/2019 5:15pm - 7:00pm at Woodruff - Unitarian Uni Fellow Bldg
Class will not meet 11/27 Unitarian Church is located 8625 Peggys Ln, Woodruff, WI 54568. Bring a mat, blanket, small pillow, and strap.

Class No: 5394	11/12/2019 - 12/17/2019	Delivery: Class	Fees Under 62: \$42.50	Fees Over 62: \$34.50
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Schussler

Meetings:

Tue 11/12/2019 - 12/17/2019 4:30pm - 6:00pm at Tamarack Center 110
Class will not meet 11/26 Bring a mat, blanket, small pillow, and strap.

High Intensity Interval Training (HIIT) with TRX and Kettle Bells

Course #: 6080769017

Course Description:

HIIT refers to the basic technique of alternating periods of extremely high-intensity exercises with short rest periods for a specific number of sets. With the use of the TRX Suspension trainer and Russian kettle bells you will mix a variety strength and balance exercises with cardiovascular training for unbeatable results! Everyone works at their own pace with a weight appropriate for their fitness level. Each class will end with a stretching segment.

Class No: 5335	9/16/2019 - 12/16/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Mon 9/16/2019 - 12/16/2019 5:00pm - 6:00pm at Groundwork Grappling

Class No: 5344	9/17/2019 - 10/31/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/17/2019 - 10/31/2019 5:30pm - 6:30pm at Riverview Hall

Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Class No: 5345	11/5/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 - 12/19/2019 5:30pm - 6:30pm at Riverview Hall

Class will not meet 11/28. Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Pilates on a Roll

Course #: 6080764812

Course Description:

Pilates on a roll is all about core stability. The increasingly popular and versatile foam roller, traditionally a therapeutic tool, adds a new dimension to the Pilates mat workout. This class is designed to improve strength, flexibility, and overall balance. Bring your own foam roller to the class.

Class No: 5348	9/17/2019 - 10/31/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/17/2019 - 10/31/2019 6:30pm - 7:30pm at Riverview Hall

Class will not meet 9/26. Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Class No: 5349	11/5/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 - 12/19/2019 6:30pm - 7:30pm at Riverview Hall

Class will not meet 11/28. Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

QiGong and Balance

Course #: 6056060506

Course Description:

This ancient practice is easy to learn and enjoyable at any age. QiGong, pronounced "Chi Gong" may help you feel better, think more clearly, and increase energy. Learn simple moves and practices to improve your balance and provide muscle flexibility and strength.

Class No: 5413	9/9/2019 - 10/23/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	-----------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Mon/Wed 9/9/2019 - 10/23/2019 10:15am - 11:15am at Eagle River - First Congregational Church

Class No: 5414	9/10/2019 - 10/22/2019	Delivery: Class	Fees Under 62: \$38.50	Fees Over 62: \$30.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Tue 9/10/2019 - 10/22/2019 9:00am - 10:00am at Riverview Hall

Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Class No: 5420	10/28/2019 - 12/16/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Mon/Wed 10/28/2019 - 12/16/2019 10:15am - 11:15am at Eagle River - First Congregational Church

Class will not meet 11/27.

Class No: 5421	10/29/2019 - 12/17/2019	Delivery: Class	Fees Under 62: \$44.00	Fees Over 62: \$36.00
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Reeder

Meetings:

Tue 10/29/2019 - 12/17/2019 9:00am - 10:00am at Riverview Hall

Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Strength Training for 40 Plus

Course #: 6080764901

Course Description:

Strength training is an essential part of your fitness health, especially if you are over 40. With increasing age, muscle fibers shrink in size and bone density decreases. These declines can be slowed, or even reversed, by lifting weights. This workout class is geared for beginners with an emphasis on safety and technique.

Class No: 5338	9/20/2019 - 12/20/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Fri 9/20/2019 - 12/20/2019 9:30am - 10:30am at Woodruff - Unitarian Uni Fellow Bldg
Class will not meet 11/29.

Strength Trng Pilates and Bosu

Course #: 6080764903

Course Description:

The unique design of the BOSU, flat on one side and domed on the other, offers a three-dimensional challenge to your workout. This makes it an ideal tool for developing balance and support while increasing control and stability. Exercises will combine Pilates and varied traditional strength movements using the BOSU. The BOSU will be provided for use in the class. Designed for intermediate or advanced students.

Class No: 5342	9/17/2019 - 10/31/2019	Delivery: Class	Fees Under 62: \$77.00	Fees Over 62: \$63.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/17/2019 - 10/31/2019 4:30pm - 5:30pm at Riverview Hall

. Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Class No: 5343	11/5/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 - 12/19/2019 4:30pm - 5:30pm at Riverview Hall

Class will not meet 11/28. Classes will take place at Riverview Hall (formerly known as Taylor Park) located at 903 Boyce Drive in Rhinelander. The classroom has a direct outside entrance and is the first door on the side of the building marked with a Nicolet sign.

Stretch and Tone Physio Balls

Course #: 6080764802

Course Description:

The physio ball offers a unique opportunity to work on dynamic and static stability which is important for back health and injury prevention. Toning, flexibility, and stretching will be the focus of this workout. This is a great course for the beginner or for anyone looking to add variety to their present exercise program. Participants must provide their own ball.

Class No: 5346	9/19/2019 - 10/31/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/19/2019 - 10/31/2019 10:30am - 11:30am at Three Lakes - Reiter Center
Bring a physio ball, floor mat, and light weights to class.

Class No: 5337	9/20/2019 - 12/20/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Fri 9/20/2019 - 12/20/2019 10:30am - 11:30am at Woodruff - Unitarian Uni Fellow Bldg
Class will not meet 11/29.

Class No: 5347	11/5/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$60.50	Fees Over 62: \$48.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 - 12/19/2019 10:30am - 11:30am at Three Lakes - Reiter Center
Class will not meet 11/28, 12/3, 12/5 Bring a physio ball, floor mat, and light weights to class.

Stretching Effectively

Course #: 6080764815

Course Description:

Stretching demands good technique and practice. Using the wrong technique during stretching can waste time and increase your risk of injury. Consistent stretching increases strength and decreases pain while improving flexibility. You'll learn the four main principles of stretching as you apply them in a relaxed comfortable setting. Wear comfortable clothing and bring a floor mat to each class.

Class No: 5339	9/20/2019 - 12/20/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Fri 9/20/2019 - 12/20/2019 11:30am - 12:30pm at Woodruff - Unitarian Uni Fellow Bldg
Class will not meet 11/29.

Sword Workout

Course #: 6080769010

Course Description:

This full-body exercise program is loosely based on Japanese sword techniques. Build muscle with the use of anaerobic exercise, as well as burn fat with aerobic components. No contact is made with objects or other students. You will be training with a wooden sword (bokken), while integrating the mind, body, and spirit in a unique and powerful experience.

Class No: 5350	11/5/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$63.50	Fees Over 62: \$51.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 11/5/2019 - 12/19/2019 11:30am - 12:30pm at Three Lakes - Reiter Center
Class will not meet 11/28, 12/3, 12/5.

Tai Chi for Health

Course #: 6056060100

Course Description:

Tai Chi is a martial art exercise with origins in ancient China. You will learn a gentle safe way to stretch and strengthen your muscles, improve your mobility and balance, and destress your mind. All are welcome to this beginner class.

Class No: 5351	9/19/2019 - 10/31/2019	Delivery: Class	Fees Under 62: \$71.50	Fees Over 62: \$57.50
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Cihla

Meetings:

Tue/Thur 9/19/2019 - 10/31/2019 11:30am - 12:30pm at Three Lakes - Reiter Center

Water Exercise Shallow

Course #: 6080761401

Course Description:

Enhance your fitness through a program of aquatic exercise in a low-stress, low- impact environment. Personal water safety and cardiovascular health including target heart rate calculation and maintenance will be discussed. You do not have to know how to swim, as all exercises are done in the shallow end of the pool.

Class No: 5333	9/10/2019 - 10/24/2019	Delivery: Class	Fees Under 62: \$84.00	Fees Over 62: \$70.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Booth

Meetings:

Tue/Thur 9/10/2019 - 10/24/2019 9:30am - 10:30am at Wabeno - Potawat Carter Casino Pool

Class No: 5439	9/10/2019 - 10/24/2019	Delivery: Class	Fees Under 62: \$84.00	Fees Over 62: \$70.00
-------------------	------------------------	--------------------	---------------------------	--------------------------

Instructor: Wipperfurth

Meetings:

Tue/Thur 9/10/2019 - 10/24/2019 7:00am - 8:00am at Minocqua - Lakeland High School Pool

Class No: 5334	10/29/2019 - 12/17/2019	Delivery: Class	Fees Under 62: \$84.00	Fees Over 62: \$70.00
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Booth

Meetings:

Tue/Thur 10/29/2019 - 12/17/2019 9:30am - 10:30am at Wabeno - Potawat Carter Casino Pool
Class will not meet 11/28.

Class No: 5440	10/29/2019 - 12/19/2019	Delivery: Class	Fees Under 62: \$84.00	Fees Over 62: \$70.00
-------------------	-------------------------	--------------------	---------------------------	--------------------------

Instructor: Wipperfurth

Meetings:

Tue/Thur 10/29/2019 - 12/19/2019 7:00am - 8:00am at Minocqua - Lakeland High School Pool
Class will not meet 11/26 & 11/28.
