

Fall 2017 SCC Community Education Classes
September, October and November
<http://www.scc.k12.wi.us/comm/sccce.cfm> or Paulette at 612-229-6014 or
lupine.anderson@gmail.com

Unicycle _____ Ages 8 and up

This course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique!

Unicycles will be provided for each participant.

Instructor: Paulette Anderson

Every Thursday starting September 14th unless school is closed or gym is in use.

5:30-8:30 PM, Open gym for unicycle practice

Fee: \$10 per person for eight sessions; \$25 per family for eight sessions

Location: SCC Elem Large gym in Roberts, WI

Lego Robotics: Level 2

Ages 10 and up

This class will expand on what was learned in the beginner class by using additional sensors, new programming techniques, and completing new challenges.

Prerequisite: Beginner class

Co-sponsored by St. Croix County 4-H

Instructors: Joe and Beth Sippl

Date/Time: Saturday, October 14, 10am-12pm

Location: Hammond Town Hall Fee: \$10

Lego Robotics: Level 3

Ages 10 and up

Youth will complete an obstacle course using a variety of sensor readings and angles. They will also learn how to communicate and interact with other robots to complete tasks.

Prerequisite: Level 2

Co-sponsored by St. Croix County 4-H

Instructors: Joe and Beth Sippl

Date/Time: Saturday, October 14, 1pm-3pm

Location: Hammond Town Hall Fee: \$10

3, 2, 1, Blast Off

Ages 5-11

Join the fun and learn how to build an air-powered rocket using card stock and pop bottles. Youth will perform a rocket launch after completion of build.

Instructors: Joe and Beth Sippl

Date/Time: Saturday, October 14, 9am-10am

Location: Hammond Town Hall Fee: \$5

Introduction to Fab Lab _____Ages: 16-Adult

A Fab Lab is a place where anyone can design and create almost anything. The St Croix Central Fab Lab offers local community members access to digital fabrication equipment such as laser engravers, CAD (computer-aided design) software, 3D printers, computer numerical controlled (CNC) milling machines, and a CNC plasma cutter with the addition of more traditional woodworking and manufacturing machinery.

Within this class participants will be introduced to 2D CAD through the use of Adobe Illustrator and the use of laser engravers, vinyl cutter, CNC plasma cutter, and CNC router to create various projects. Projects that will be created will include; a plasma cut metal sign, vinyl decal, serving tray, as well as a laser engraved project. All projects can be changed to meet the needs of the participants. Whether an inventor, hobbyist, or looking to help out your small business, the Fab Lab is an excellent space to make creative ideas a reality!

Participants only need to attend one session on the dates listed below, but are more than welcome to attend both. The fee will cover supplies used in the course and projects will be limited to that amount.

Instructor: Garret Wenzel

Dates/Time: October 7th 8AM-12PM

November 11 8AM-12PM

Location: St. Croix Central Fab Lab (St. Croix Central High School)

Fee: \$15

Get Fit Bootcamp

Teens and Adults

If you are a beginner, an avid fitness enthusiast or just tired of the same routine come try this whole new approach to exercise...fun! Get Fit Bootcamp is a unique Bootcamp style class that combines cardio, strength training and core work all in an exciting 60 minute workout. This 10 session fitness program offers fitness instruction, nutritional counseling and motivational training - jam packed with fun and energizing activities designed to help you reach your fitness goals.

Please bring an exercise mat (if you have one), water & a great attitude!

Fee: \$10 for 1 time class / \$70 for 10 class punch card / \$40 for a 5 class punch card

Class Schedule: Sept.11th and every Monday unless school is closed or gym in use

Time: 6:00 - 7:00 pm Location: SCC Elementary Secondary Gym (enter through rear doors) in Roberts, WI

Instructor: Tera Busker (for more info please visit www.fitnessstogo.net/bootcamp)

Contact Tera To Register:

Zumba® Fitness

Everybody and EVERY body! Each Zumba® class is designed to bring people together, to let loose, and have a BLAST. Join me the first Saturday of the month for a Zumba® Fitness Party! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Instructor: Licensed Zumba® Instructor Michelle Calcagno (ZIN since July 2009)

1st and 3rd Saturdays of the month @ 10:30am (90 min Class)

SCC Elementary School Secondary Gym in Roberts, WI, please enter through the rear.

Sept 9th, Demo

Sept. 23, Oct. 7, 21, Nov. 4 and 18, Dec. 2, Jan 6 and 20, Feb. 3 and 17, March 3 and 17, April 21 and May 5 and 19.

FEE: \$5 per class. REGISTER: At class anytime

PAYMENT: Make checks payable to the instructor of your class.

Contact Instructor Michelle Calcagno at [715-760-0244](tel:715-760-0244) or

email minnesotamimi@hotmail.com with questions.

Michelle Calcagno michellecalcagno.zumba.com

Licensed Zumba Fitness Instructor Cell: [715-760-0244](tel:715-760-0244)

SCC Community Education Registration Form

Name/s _____

Address _____

Phone (H) _____ (O) _____

Name of Class _____

Date/s _____ Time _____

Amount Enclosed _____ E-mail _____

Permission to videotape or photograph for the use of promoting the SCC community education programs in advertising via web-page or newspaper or other promotional material. _____

(Signature)

Please use a separate form for each class. Please make check payable to SCC.

**Mail to SCC Box 202, Hammond, WI 54015. Questions? 612-229-6014 or
lupine.anderson@gmail.com THANK YOU FOR YOUR SUPPORT!!**



2231 Highway 12, Suite 201
PO Box 95
Baldwin, WI 54002
715-629-1888 or 800-359-0174



VOLUNTEER! Make a Difference! Would you like to have more meaning in your life? Are you ready to chase your gifts? If you answered yes, become an Adoray Home Health & Hospice volunteer. As a hospice volunteer, you will be providing support for the terminally ill. Our volunteers give emotional support, practical help and provide much-needed relief for those caring for a loved one. We are always in need of compassionate, caring men and women.

The Treasure's volunteer program is open to anyone with a desire to compassionately serve and provides amazing opportunities to give back, gain experience in a variety of areas, and to truly make a difference for people facing serious health challenges right here in your own community.

Want to find out more? Call today to discover a variety of volunteer opportunities awaiting you at any one of our Treasures' locations, in the office, and/or patient care volunteer opportunities available with Adoray Home Health & Hospice.

Hammond Community Library Programs

Visit our web-page at www.hammondpubliclibrary.org for more information about each of the programs.

****More programs may be added to the schedule.**

For Kids

Early Explorer Program-Mondays & Fridays at 9:00 AM ages 3-5 reading stories, learning about the alphabet, numbers, shapes, colors, exploring arts and crafts, science, and math. ***Begins September 11 & 15.***

Morning Story-time – Wednesdays @ 10:30 AM. ***Starting September 6.***

Evening Story-time – Thursdays @ 6:00 PM. ***Starting September 7.***

Little's Book Club-Ages 5 and 10 Tuesdays @ 6:30 PM. ***Starting September 12.***

Monthly and Weekly Programs

Crafty Mondays from 6:00-8:00 PM. ***Every Monday, exceptions are holiday Mondays.***

Coloring Club-***Second Thursday of each month at 7:00 PM***

Cozy Book Club-***Third Thursday of each month at 7:00 PM***

STEM for grades 4K-7th-***Fourth Thursday of each month at 7:00 PM***

General Programs

Author Visit-Julie Kramer (Author of Stalking Susan, Missing Mark). **Monday, September 18 @ 6:30 PM**

How to apply for Jobs (WITC lead program). **Tuesday, September 19 @ 6:30-8:00 PM**

Parent and Child Craft Night on **Tuesday, September 26 @ 6:30 PM**. This is a free program, sponsored by St. Croix Electric through a grant.

Author Visit-Greg Gardner (Author of In Plain Sight: A Jon Wells Novel). **Tuesday, October 3 @ 6:30 PM**

Author Visit-Joe Kimball (Author of Congdon Mansion). **Monday, October 9 @ 6:30 PM**

Learn how to use LinkedIn (WITC lead program). **Tuesday, October 17 @ 6:30 PM**

Haunted Library/Trunk-or-Treat. **Saturday, October 21 from 5:00-8:00 PM**

Family Friendly Event.

**Watch for dates and times for a *Learning How to Set-Up and Use Facebook* and *How to Text* programs.

Friends of the Library Hosted Events/Programs

Baldwin Farmers Market Booth—Book Sale. **Saturday, September 16 from 9:00 AM - 1:00 PM.**

Baldwin Farmers Market Booth—Bake and Book Sale. **Saturday, September 30 from 9:00 AM - 1:00 PM.**

Tuscan Painting Evening for Adults – Exclusive event for 10 people who register for this Friends of the Hammond Community Library event on **Thursday, September 14 at 6:30 PM.**

Fall Paint and Sip Night. **Tuesday, October 24 @ 6:30 PM.**

Mason jar Craft Night. **Tuesday, November 7 @ 6:30 PM.**

**Hammond Community Library
850 Davis Street, PO Box 120
Hammond, WI 54015
715-796-2281**

mjohnson@hammondpubliclibrary.org



<https://www.facebook.com/HammondcommunitylibraryHCL/>

The following classes are offered by Baldwin Community Ed and should be registered with them.

Jennifer Smith
715-688-6200
jsmith@bwsd.k12.wi.us

Learn To Dance!

These classes are taught by instructor Victor Albrecht who has 25 years of experience in teaching the Arthur Murray School of Dance techniques. His classes are taught with the comfort of new dancers at the forefront of his teaching style. These classes will get students dancing in any venue—weddings, cruises, parties, and clubs. For ages 15 and older.

Dance Sampler—Ballroom, Swing, Polka, Line

This popular class offers the perfect over view of all popular social dances. Learn a variety of dances, **with or without a partner!** During this workshop, you will learn basic line dances, old-time Polka—Midwest style, the Waltz, Fox Trot, and Swing. This is a great class to take with a group of friends. Have fun and learn to dance the night away! (Latin will be covered by request) Please attend both evenings.

Dates/Time: Tuesdays, Nov. 28 & Dec. 5 /6:30-8:00 p.m.

Fee: \$30 per person Location: BWHS Performing Arts Center

REGISTER BY: Tuesday, November 21

Country Western 2 Step

This popular class offers the perfect over view of all popular Country Western dances. Learn the basic steps in the Texas 2 step, also known as the 'Wisconsin 2 step', and Country Western Lindy. Vic will teach various turns for both men and women. Wear comfortable shoes or dress boots. Please attend both evenings. **ALL STUDENTS MUST SIGN UP WITH A PARTNER.**

Dates/Time: Tues., Nov. 28 & Dec. 5 /8:00-9:30 p.m.

Fee: \$30/ per person

Location: BWHS Performing Arts Center

REGISTER BY: Tuesday, November 21

ZUMBA®

Perfect for...

Everybody and every *body!* All fun,
no judgment!

How it works...

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits...

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

When...TUESDAY EVENINGS @ 7PM

FREE DEMO TUES., SEPTEMBER 5 @ 7 PM

Session 1: Tuesdays, September 12—Dec 5

Session 2: Tuesdays, January 23—May 15

Cost: Punch cards \$50/10 punches/ \$7 Walk-in/ Students half price

Location: B-W High School Cafeteria

STRONG by Zumba™

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. A STRONG by Zumba® class is a high-energy workout, and as part of your sweat session, you'll hit the floor for some intense core exercises. Come prepared with the following: Cross-trainer tennis shoes, floor mat, fitness gloves (optional for floor exercises), towel and H₂O (a lot). **When...WEDNESDAY EVENINGS @ 7PM**

FREE DEMO WED., SEPTEMBER 6 @ 7 PM

Session 1: Wednesdays, September 13—Dec 6

Session 2: Wednesdays, January 24—May 16

Cost: Punch cards \$50/10 punches/ \$7 Walk-in/ Students half price

Location: B-W High School South Gym

ZUMBA® TONING

Perfect for...

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

How it works...

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (& your muscles) stay engaged!

Benefits...

Lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

When...THURSDAY EVENINGS @ 7PM

FREE DEMO THURS., SEPTEMBER 7 @ 7 PM

Session 1: Thursdays, September 14—December 7

Session 2: Thursdays, January 25—May 17

Cost: Punch Cards \$50/10 punches/ \$7 Walk-ins/ Students half price

Location: B-W High School Cafeteria

Licensed ZIN Instructor, Michelle Calcagno, Teaches all Zumba® Disciplines Offered

Instructor contact info: minnesotamimi@hotmail.com or cell [715-760-0244](tel:715-760-0244)

Please wear fitness clothing that is comfortable and lightweight. Zumba® recommends any shoe that has good cushion support, medial-lateral support (for side to side movements) and low-traction rubber (for easy sliding and turning). Usually court shoes or “aerobic” shoes are best. Running shoes are not ideal due to the heavy tread. You may purchase Toning Sticks online

*at www.zumba.com, use 1lb hand weights, or (2) 16oz. bottles of water will do. **BRING WATER***

***BOTTLE AND TOWEL TO ALL CLASSES!** A yoga mat or towel may be used for the floor quadrant in the **Strong** by Zumba® class. See the **C.E. website** and **Facebook page** for videos. Also see www.strong.zumba.com for more info.*

2017 Fall Fitness Class Schedule Western Wisconsin Health Fitness Center

Please check our website at www.wwhealth.org or call 715.684.1642 for class updates. We strive to offer you the best possible variety of classes so our schedule evolves on a regular basis.

After Work 'Shake Up'

Mondays and Fridays: 4:00 to 4:30pm (Ongoing)

Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time! This class is suitable and modifiable for all fitness levels!

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Melissa*

Body Blast

Thursdays: 5:30 to 6:00pm (Ongoing)

Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class's needs from week to week. This is a great time to enjoy the music and feeling the burn! All fitness levels welcome.

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Alexis*

Cardio Circuit and Stretch

Wednesdays: 5:00 to 5:30pm (Ongoing)

With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch. This class is suitable and modifiable for all fitness levels!

Price: *FREE for fitness center members, \$7 drop in for non-members*

Instructor: *Bonnie*

Cardio Drumsticks (6-week session starts September 20th)

Wednesdays: 6:00 to 6:45pm

This drumsticks cardio class is a full-body workout for all ages filled with motivating instruction and upbeat music that is sure to tone your body and work muscles you didn't even know you had! Each song will target a specific muscle group using light weight drumsticks. Drumming increases strength and endurance and gets your heart rate pumping! This class offers modified and advanced moves allowing you to just be you and have fun!

Price: *\$40 for a 6-week session for members and non-members, \$10 drop-in*

Instructor: *Sarah*

Fitness Stretch and Tone (6-week session starts September 19th)

Tuesdays 6:45 to 7:30pm

FST blends the best of mind/body formats in an energizing and calming atmosphere.

All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

Price: \$40 for 6-week session, \$70 for 12-week session, or \$10 drop-in

Instructor: Anna

Forever Active

Mondays and Wednesdays: 9:00 to 9:30am (Ongoing)

Forever Active is a combination of cardio and strength training for those individuals seeking an active lifestyle and a little socialization. This low-impact class is perfect for ages 60+ but any age is welcome

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Kelly and Darcy

Fundamental Yoga Monday PM (6-week session starts September 18th)

Mondays: 5:45 to 6:45pm

Fundamental Yoga is the perfect experience to learn more about yoga and how to perform poses to the best benefit of your ability! Modifications are available for all levels.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

Instructor: Angie

Fundamental Yoga Tuesday AM (6-week session starts September 19th)

Tuesdays: 9:00 to 10:00am

Fundamental Yoga is the perfect experience to learn more about yoga and how to perform poses to the best benefit of your ability! Modifications are available for all levels.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

Instructor: Angie

Heated Yoga (6-week session starts September 20th)

Wednesdays: 7:00 to 7:45am

Hot Yoga is a "slow flow" class held on the pool deck in a warm, humid environment. The heat helps to loosen muscles leading to greater depth of stretch and releasing of bodily toxins. This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. All poses can be modified for any fitness level. Don't forget to bring your water!

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

Instructor: Angie

Java Jumpstart

Mondays and Wednesdays: 5:45am to 6:10am (Ongoing)

Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core. This class is suitable and modifiable for all fitness levels.

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Alexis and Darcy

Pilates (6-week session starts September 22nd)

Fridays: 9:15am to 10:15am

Experience the benefits of training from the center of your body out! Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility. This class is suitable and modifiable for all fitness levels! Please bring your own mat.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

Instructor: Anna

Pre/Post Natal Class (6-week session starts September 21st)

Thursdays: 6:15 to 6:45pm

This 30 minute total body workout incorporates modifiable cardio conditioning, strength training, and focuses on core stability – all designed for the specific needs of expecting and new mothers' bodies. This class is modifiable for all fitness levels and stages of pregnancy and motherhood. Assists with reducing stresses and strains associated with major changes during and after pregnancy.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

**Non-member playroom pass is discounted to \$20/child for 6 weeks*

Instructor: Alexis

Power Yoga (4-week session starts September 19th)

Tuesdays: 12:00 to 12:45pm

Unroll your yoga mat for a full-body workout where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement. Class is 45 minutes long and set to modern energizing music.

Price: \$30 for a 4-week session for members and non-members, \$10 drop-in

Instructor: Molly

Specialty Snapshot

Saturdays: 8:30 to 9:00am (Ongoing)

We will explore different styles of specialty classes that we may want to offer in the future on Saturdays. Come with an excitement for something different every weekend!

Price: FREE for fitness center members, \$7 drop-in for non-members
Instructor: Darcy

Spin AM (6-week session starts September 19th)

Tuesdays: 5:45 to 6:30am

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in
Instructor: Darcy

Spin Combo (6-week session starts September 22nd)

Fridays: 12:00 to 12:45pm

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors! Spin Combo will also give you a combination of spin and another specialty class, each different than the next.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in
Instructor: Anna

Spin Interval (6-week session starts September 22nd)

Fridays: 5:30 to 6:30am

Join us for Spin Interval, a high-intensity interval class that gets your heart rate up with a variety of cycling exercises! This is not your typical spin class as each class offers something different!

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in
Instructor: Scott

Tai Chi (6-week session starts September 19th)

Tuesdays: 1:00 to 2:00pm

Tai Chi uses slow, smooth body movements to strengthen joints and muscles, increase bone density, lower blood pressure, improve balance and coordination, and achieve mental relaxation! The gentle nature of Tai Chi makes this class suitable for all fitness levels.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in
Instructor: Emily

Triple Threat Tuesdays

Tuesdays: 6:00 to 6:30pm (Ongoing)

This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is

sure to get your heart rate up, plus get in the muscle training at the same time. Triple Threat Tuesdays is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Mary Lou

TRX Movement (6-week session starts September 21st)

Thursdays: 5:30 to 6:15am

Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups. This class also may include cardio, strength, and balance elements. TRX Movement is a fun and invigorating workout that is appropriate for all levels and no prior experience is necessary.

Price: \$40 for a 6-week session for members and non-members, \$10 drop-in

Instructor: Kerri

Wild Card Workout

Tuesdays: 5:15 to 5:45pm (Ongoing)

No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting. This class is for moderate to advanced fitness levels.

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Melissa



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