

## Spring 2019, SCC Community Education Classes

March, April and May

<http://www.scc.k12.wi.us/comm/scce.cfm> or Paulette at 612-229-6014 or [lupine.anderson@gmail.com](mailto: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.

5:00-8:30 PM, Classes and open gym for unicycle practice

Fee: \$10 per person \$25 per family

Location: SCC Elem Large gym in Roberts, WI

### Central Wellness

Programs dedicated to educating our community on the latest information surrounding Health of Mind, Body & Spirit with special emphasis on prevention. Join Drs. Mike Gilhousen and Kyle Cress this spring as they present proven strategies to maintain, regain and KEEP your health! **SPECIAL PROGRAM IN MARCH: LYME DISEASE & other TICK-BORN ILLNESS UNRAVELED:** Learn about preventing tick bites, identifying tick species & proper removal of ticks. In addition, become informed of early and late signs and symptoms of lyme, as well as ALL treatment options and their availability in this region. Lyme infection is growing fast and is extremely difficult to diagnose and treat in many cases. Protect yourself and loved ones from this life altering disease! This special program is offered by Mike Gilhousen DC, who survived 2 years of resistant, severe lyme infection. Please check our website [www.gilhousenchiro.com](http://www.gilhousenchiro.com) or phone 715-796-2122 for class updates.

**\*\*Location/time:** To be determined based on public input. PLEASE contact us to find out more!

### www.Blackhawk.Soccer Registration Opens—[www.Blackhawk.Soccer](http://www.Blackhawk.Soccer)

February 23, 2019, Open House, Greenfield North Gym, 10am—Noon

March 15, 2019, U10-U19 Registration Closes (*Early Bird closes March 1, 2019*)

April 12, 2019, U6 - U8 Registration Closes (*Early Bird closes April 1, 2019*)

April 2, 2019 U10 - U19 Practices begin

April 30, 2019 U8 Practices begin

May 7, 2019 U6 Practices begin

June 15, 2019 (est.) Baldwin Blast Home Tournament

As [www.Blackhawk.Soccer](http://www.Blackhawk.Soccer) continues to grow, we **NEED VOLUNTEERS!**

We NEED Coaches—

contact [development@blackhawk.soccer](mailto:development@blackhawk.soccer).

We need a Baldwin Blast Organizer—

contact [blast@blackhawk.soccer](mailto:blast@blackhawk.soccer).

Other questions to Ed Paulsen

- [info@blackhawk.soccer](mailto:info@blackhawk.soccer) or 612.867.2921

### 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.10th 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](http://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? Classes are the 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of the month @ 10:30am (90 min Class) SCC Elementary School Secondary Gym in Roberts, WI, please follow the gymnasium sign to the parking area. PAYMENT: Make checks payable to the instructor of your class. Contact Instructor Michelle Calcagno email [minnesotamimi@hotmail.com](mailto:minnesotamimi@hotmail.com) with questions. **FEE:** \$5 per class. **REGISTER:** At class anytime

#### **Fall 2018 session:**

September 8 FREE Demo - September 22

October 6 & October 20

November 3 & November 17

December 1

#### **Winter Spring 2019 session:**

March 2 & March 16

April 6

May 4 & May 18

Michelle Calcagno [michellecalcagno.zumba.com](http://michellecalcagno.zumba.com) Licensed Zumba Fitness Instructor Cell: 715-760-0244

Hazel Mackin Community Library  
311 West Warren Street, Roberts, WI 54023  
(715) 749-3849

**Weekly Programs:**

**Story Time:** Mondays and Wed. from 10:30-11:15AM, recommended ages 4 and under

**Play and Learn:** Tuesdays 10-11:30AM, registration required

**Strong Seniors:** Tuesday and Thursdays at 1PM

**Stitching Group:** Wednesdays 12:30-3PM

**Crochet and Knitting Group:** Thursdays 2:15-5PM

**Senior Coffee and Cookies:** Fridays at 10AM

**Monthly Programs:**

**Tech Night:** Second Thursday of each month from 5:30-7:45PM, sign up required

**Tween Book Club:** *Grades 4-7*, one Saturday a month from 10-11AM, book available for pickup at the front desk

**Teen Book Club:** *Grades 8-12*, one Thursday a month during 9<sup>th</sup> hour at SCC High School, book available for pickup at the front desk

**Teen Advisory Board:** First Tuesday of each month, from 5:30-6:30, advice and help organize teen events at the library, as well as other volunteer opportunities, sign up required

**Saturday Story Time** Once per month, 10:30 am

**Yoga:** first Saturday of March, April and May, 10:30 am-Registration is required.

**Lego Club:** *Ages 5 and up*, one Saturday a month from 10:30-11:30AM, we will supply all the Legos, all you need to bring is your imagination

**Job Center:** Third Wednesday a month from 10AM-12PM

**A Novel Idea Book Club:** On the last Monday of every month at 5:30 at Bobtown Brewhouse. Discussions begin at 6 pm.

**Upcoming Programs:**

**Traveling Book Club:** Each month a different St. Croix County library will host a book discussion at a local venue. All meetings will be the 3<sup>rd</sup> Thursday of the month with optional dinner beginning at 6 pm and book discussion at 6:30 pm.

You can register and get a copy of the book at our library. March 21 is *Prairie Fires* by Caroline Fraser at Post Mark Grill and April 18<sup>th</sup> is *Before We Were Yours* by Lisa Wingate at the Barn Board.

**Youth Art Month Open House:** Thursday, March 7<sup>th</sup>, 4-7 pm come in to view the amazing talent of SCC students, grades K-12<sup>th</sup>. Refreshments will be served. We will also be announcing our Teen Mural Contest winner at this event!

**Starting Seed Gardens:** Saturday, March 9<sup>th</sup>, 10:30 am. This program is partnered with My Sister's Garden. Please call the library to register.

**Spring Break Week-March 25-30.** We have some fun lined up for your week off of school. Monday, the 25<sup>th</sup>, 1 pm is Movie Matinee-Ralph Breaks the Internet. Sensory Stations- 25<sup>th</sup> and 27<sup>th</sup>, 10:30-11:15 am, Paws to Read- March 26<sup>th</sup>, 5-7 pm, Robot day-March 26<sup>th</sup>, 10-6 pm, Origami Craft-March 28<sup>th</sup>, 10-6 pm.

**Succulent Gardens:** Saturday, April 13<sup>th</sup>, 10:30 am. Learn about succulent plants and how to care for them. You will plant succulents and be able to take them home. This program is partnered with My Sister's Garden. Please register by calling the library.

**National Library Week:** We have partnered with local businesses that will be giving special offers to people who show them their library card during April 7-13<sup>th</sup>. Please check our website to see the businesses that are participating in St. Croix County.

**Food for Fines:** During the month of April we will be collecting food for our local food pantry. For each item donated, you will receive \$1 off your fines. This is a great way to give back to our community and we are thrilled at the generosity of our patrons.

Visit our webpage at [www.robertspubliclibrary.org](http://www.robertspubliclibrary.org) for more information about any of these programs, including specific dates for monthly programs. More programs may be added to this schedule as we approach different month. Like us on Facebook at Hazel Mackin Community Library.



Hammond Community Library  
 850 Davis Street  
 Hammond, WI 54015  
 715-796-2281

Website: [www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org)  
 Library Email: [mjohnson@hammondpubliclibrary.org](mailto:mjohnson@hammondpubliclibrary.org)  
 Programming Email: [hammondlibraryprograms@gmail.com](mailto:hammondlibraryprograms@gmail.com)  
 Facebook: <https://www.facebook.com/HammondcommunitylibraryHCL/>

Hours: Monday-Thursday 9 AM - 8 PM, Friday 9 AM - 6 PM, Saturday 9 AM - 1 PM.

**For more details and to register for programs visit our web-site at [www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org). If you don't have internet access, stop in and our friendly staff would love to fill you in on the details and provide you with a registration form for any of the programs.**

**FREE PRORAMS**

STEM-Coding	3/5/2019	Book Speed Dating	4/8/2019
Teen After Hours Paint and Pizza	3/8/2019	Bunny Art II- Silhouette	4/9/2019
Salad Sampling	3/11/2019	Author Gary Porter: Bread and Butter	4/11/2019
Coloring Night	3/14/2019	Coloring Night	4/11/2019
Wine Bottle Decorating	3/14/2019	Easter Egg Hunt-Nursing Home	4/13/2019
Bunny Art-Picasso	3/19/2019	Cozy Book Club	4/18/2019
Cozy Book Club	3/21/2019	Earth Day Event	4/23/2019
Yahtzee Tournament-Week 1	3/21/2019	Community Breakfast	4/24/2019
Easter Egg Cookie Decorating	3/23/2019	Salsa Night & Tissue Paper Flowers	5/2/2019
Paper Embroidery	3/25/2019	Summer Preview	5/4/2019
Community Breakfast	3/27/2019	STEM (not yet determined)	5/7/2019
Easter Egg Art	3/28/2019	Coloring Night	5/9/2019
Yahtzee Tournament-Week 2	3/28/2019	Mother's Day Craft	5/9/2019
STEM-Egg	4/2/2019	Cozy Book Club	5/16/2019
Yahtzee Face-off Potluck-Final Week	4/4/2019	Community Breakfast	5/22/2019

**WEEKLY PROGRAMS**

Mondays	Open Craft Evening	4:00-8:00 PM
Tuesdays	Rhythm and Music	10:30 AM
Wednesdays	Fika (coffee and conversation)	2:00 PM
Wednesdays	Yoga (location: Village Offices 455 Davis Street)	7:00 PM
Mondays and Fridays	Homeschool Programs	9:00-2:00 PM

**MONTHLY PROGRAMS**

Coloring and Dot-to-Dot	2 <sup>nd</sup> Thursday of each month	4:00-8:00 PM
Cozy Mystery Book Club	3 <sup>rd</sup> Thursday of each month	7:00 PM
Community and Breakfast	4 <sup>th</sup> Wednesday of each month	8:00-10:00 AM

The Hammond Community Library is a Fine Free Library!  
 Offers Free Library Cards!  
 Provides Free WiFi!

Where you can check out a Hot Spot for home use!

Where you can fax, scan and make copies (for a small fee)!

A great selection of free materials that you and your family can enjoy!

Welcome to the heart of the community where you can meet up with your neighbors and friends!

Come on in and hang out!

# 2019 Spring Fitness Class Schedule

## Western Wisconsin Health Fitness Center

Please check our website at [www.wwhealth.org](http://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.

**ALL ONGOING CLASSES ARE FREE WITH MEMBERSHIP!**

**(NON-MEMBERS PAY \$10 FOR GUEST PASS)**

**\*\*PROGRAM FEES LISTED WHERE "PROGRAM" IS NOTED\*\***

### After Work 'Shake Up'

**Mondays and Wednesdays: 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! *Instructor: Melissa*

### Ageless Grace **\*\*PROGRAM**

**(Check with Fitness Center staff for class availability)**

People of all ages and abilities can perform these movements, including those with weight and joint issues, diabetes, use wheelchairs, or have other physical limitations. Come and move your body, even if you are a bit shaky on your legs – we do what we can! *Price: \$25 per session Instructor: Kate*

### 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 feel the burn! All fitness levels welcome. *Instructor: Alexis*

### Cardio Circuit and Stretch

**Wednesdays: 7:00 to 7:30pm (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! *Instructor: Bonnie*

### Challenge 'U'

**Mondays, Tuesdays, Thursdays and Fridays: 5:00 to 5:30am (Ongoing)**

Wake up, warm up and get moving with this early morning workout! Each day will bring different challenges including core, strength and flexibility exercises. *Instructor: Bonnie*

### Fitness Stretch and Tone

**(Check with Fitness Center staff for class availability)**

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. *Instructor: Anna*

### Flow Yoga

**Thursdays 7:15 to 8:00pm (Ongoing)**

Center yourself with breath-based movement and dynamic poses that strengthen and stretch. All levels of ability are welcome! *Instructor: Travis*

### 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! *Instructor: Kelly and Kerri*

### Fundamental Yoga

**Mondays: 5:45 to 6:45pm (Ongoing)**

Fundamental Yoga is the perfect opportunity to learn more about yoga and how to perform poses to the best of your ability! Modifications are available for all levels. *Instructor: Angie*

### Java Jumpstart

**Mondays and Wednesdays: 5:45 to 6:15am (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. *Instructor: Alexis and Kerri*

## **Lift Strong \*\*PROGRAM**

**(Check with Fitness Center staff for class availability)**

This is a progressive 6-week lifting program that will feel much like personal training in a motivating group fitness environment. Every week, you will learn a new and challenging lifting workout and also be provided with homework to complete during the week. *Price: \$30 for members, \$50 for non-members* *Instructor: Anna*

### **More for the Core**

**Thursdays: 4:45 to 5:15pm (Ongoing)**

More for the Core is a 30 minute core class designed to work all aspects of your core. This class takes “hurts so good” and brings it to life! *Instructor: Mary Lou*

### **Pilates**

**Fridays: 9:15 to 10:00am (Ongoing)**

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. *Instructor: Anna*

### **Pilates Circuit**

**Tuesdays and Thursdays: 8:00 to 8:45am (Ongoing)**

Combine the powerhouse strength moves of Pilates with the challenge and timing of circuit training for a full body workout. *Instructor: Angie*

### **“Scolates” (Scott’s Core Class)**

**Tuesdays: 12:00 to 12:30pm (Ongoing)**

Improve your overall strength—and the strength of your core in this 30-minute lunchtime class of “Scolates”.

*Instructor: Scott*

### **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 enthusiasm for new challenges every weekend! *Instructor: varies*

### **Spin AM**

**Tuesdays: 5:45 to 6:30am (Ongoing)**

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! *Instructor: Stephanie*

### **The Spin Cycle**

**Thursdays: 6:15 to 6:50pm (Ongoing)**

Ride from the shoreline to the hills on this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you’ve been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists! *Instructor: Mary Lou*

### **Spin & MORE**

**Fridays: 5:45 to 6:30am (Ongoing)**

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! *Instructor: Scott*

### **Spinning in the New Year**

**Tuesdays: 7:00 to 7:35pm (Ongoing)**

Spin in the new year with this highly motivating cycling class which offers a variety of speeds, climbs and spinning challenges—all in a fun and inspiring environment! All levels of ability are welcome. *Instructor: Mary Lou*

### **Stretch It Out**

**Fridays: 12:00 to 12:30pm (Ongoing)**

Improve your range of motion and flexibility without breaking a sweat. This class will give you the tools to work on tight muscles while also enjoying a relaxing 30-minute class. *Instructor: Kennedy*

### **Sunrise Yoga**

**Tuesdays and Thursdays: 7:00 to 7:45am (Ongoing)**

Wake up and be energized with Sunrise Yoga! 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.

*Instructor: Angie*

### **Total Body Strength**

**Mondays: 7:15 to 7:45pm (Ongoing)**

This class has a focus on strength building exercises, including lower body, upper body, and core, to give you a well-balanced workout! *Instructor: Kennedy*

### **Triple Threat Tuesday**

**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, while incorporating muscle training at the same time. Triple Threat Tuesday is suitable and modifiable for all fitness levels! *Instructor: Mary Lou*

**TRX Movement****Thursdays: 5:45 to 6:30am (Ongoing)**

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. No prior experience is necessary. *Instructor: Kerri*

**Wednesday Weights and Cardio****Wednesdays: 5:30 to 6:00pm (Ongoing)**

This class gives you a total body workout using a variety of equipment. Each workout ends with a 15 minute stretch to help ease you into your evening! *Instructor: Bonnie*

**Wake Up Shake Up****Saturdays: 7:30 to 8:00am (4-week session begins February 9, ends March 2)**

Stop in for an early Saturday morning workout where we 'shake up' the plan each week for 4 weeks. *Instructor: varies*

**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. *Instructor: Melissa*



**WESTERN  
WISCONSIN  
HEALTH**

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**FITNESS CENTER**