

April 2017



Fitness Center Class Schedule

Schedule is subject to change based on instructor availability and attendance.

Drop-in classes are complimentary with any Fitness Membership; some classes do require an additional fee due to certification requirements.

Based on the type of class and equipment needs, instructors may limit the number of attendees.

Blue= Registration Encouraged Red= Registration Required

Register in person, by phone (507)287-1404, or online 125livemn.org

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday
8-8:45am Yoga "Introduction"	8-8:45am Zumba Gold w/w'o Chair	8-8:45am Yoga "Introduction"		8-8:45am Zumba Gold w/w'o Chair	8-8:30am Tai Chi	
9-9:45am Classic Strength & Circuit	9-9:45am Functional Strength Seated	9-9:30am Classic Strength		9-9:45am Functional Strength Seated	9-9:45am Classic Strength & Circuit	
10-11am Functional Strength "Standing"+ Extended Stretch	10-10:30am AM: Cardio-Drumming	{April 26 start} 10-11am Cardiac Rehab Fitness Floor	10-11am Functional Strength Standing	10-10:30am AM: Cardio-Drumming	10-11am Cardiac Rehab Fitness Floor	10-10:45am Pilates Fitness
11-11:30am Freedom Flexibility	11-11:30 Functional Balance	11-11:30am Wellness Wednesday <i>Try something new!</i>		11-11:30 Functional Balance	11-11:45am Yoga Fitness	12:30pm-1pm Family Zumba <u>Intergenerational Activity</u>
2-3pm Tai Ji Quan: Moving for Better Balance	2-4pm Table Tennis	2-3pm Tai Ji Quan: Moving for Better Balance		2-4pm Table Tennis		
4:30-5:15pm Strong by Zumba	4:30-5:15pm Yoga			4:30-5:15pm Yoga		
5:15-6pm PM: Ballet	5:30-6:15pm PM: Ballet	5-6pm 8 Weeks to Improved Weight Loss		5:30-6:15pm PM: Ballet	5:15-6pm PM: Ballet	
6-7pm Cardio-Boxing	6:15-7pm Zumba	6-6:45pm Fitness Boot Camp		6:15-7pm Zumba	6-7pm MedCity Dance Group Lessons	

125 LIVE Aquatics & Fitness classes and programs are designed to be as inclusive as possible, offering participating members adaptations to successfully be active, but due to the specific nature of certain fitness classes, adaptations may not be available.

Please see a Fitness Associate for details regarding what classes might be best for you!

Other Activities & Events for April, May & June

Fitness Assessments *Schedule at Fitness Desk	Wellness & Health Coaching	Personal Training	7am Thursdays Open Gym (Members only Pickleball)	May 1st -10th Golf Fitness* (Registration Required)	June 10 "Any" K (5K) Walk* (Registration Required)
Fitness Town Hall: Once a month meetings to discuss upcoming programs and activities.		Matter of Balance* (Registration Required @ www.wellconnectsemn.org)	12-1pm Wednesdays CookBOOK Club* (Registration Required)		

Class Descriptions (Check out our April-June Program Guide for start dates & full details)

8 weeks to Improved Weight Loss- Registration required. One component of the full 8-week program, which includes journaling, weigh-ins, and opportunities for Wellness Coaching and Training.

Ballet- Registration encouraged. Experience the amazing health benefits of dancing including improved flexibility, strength and endurance!

Cardio-Boxing- Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.

Cardio-Drumming- Move your body to the beat you create as you flex your muscles and your creativity in this aerobic endurance class.

Classic Strength- Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.

Fitness Boot Camp- Improve your strength, endurance, agility and balance in this 6 week program using a variety of fitness equipment.

Freedom Flexibility- Reduce stiffness and joint pain, and improve mobility through pain free range of motion exercises and stretching.

Functional Balance- Improve balance and coordination. Supervision provided through training drills that safely challenge all fitness levels.

Functional Strength "Seated"- Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!

Functional Strength "Standing" with Extended Stretch- Full body fitness, incorporating strength and cardio exercises.

Group Dance Lessons- Nationally Certified dance experts from the Med City Dance Center create an amazing experience in our studio, teaching members and guests how to successfully perform a variety of dances.

Pilates Fitness- Improve your balance, core strength, posture, and overall fitness. This class is exclusively performed using a Yoga mat.

Strong by Zumba- Higher intensity training utilizing music synchronization to push you harder, and reach your goals faster!

Tai Ji Quan- 12 week evidence-based fall prevention program, using Tai Ji Quan to improve balance. Registration required, class uses a progression system that encourages participants to attend all sessions.

Wellness Wednesday- An opportunity to try something new built directly into our schedule. Experience a variety of fitness classes and wellness events during this 30 minutes class.

Yoga & Yoga "Introduction"- Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.

Zumba Gold w'/w'o Chair & Zumba- Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.

Seated Strong- 30 minute strictly seated fitness class that uses a variety of equipment to achieve a full body seated workout.