

# July 2017 Group Fitness Schedule

Updated 7/7/17

Schedule is subject to change. Drop-in classes are complimentary with any Fitness Membership: some Specialty Fitness Classes do require a registration fee.

Blue= Registration Encouraged(-) Red= Registration Required (\*) Register in person, by phone 287-1404, or online at 125livemn.org

Monday		Tuesday		Wednesday		Thursday		Friday	Special Programs
Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	
7:30-8:15am Zumba Mirna				7:30-8:15am Zumba Mirna					Mon & Wed 9-11am Open Gym / Pickleball (Members Only)
8:20-9am Yoga Fred	9-10am Bone Builders (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold / Adaptive Ron		8:20-9am Yoga Fred	9-10am Bone Builders (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold / Adaptive Ron			
9:05-9:45am Classic Strength Fred	9:30am Coffee Club Walkers (\$0.50 coffee)	9-9:45am Functional Fitness Seated Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Classic Strength Fred	9-10am* 8 Week Weight loss Sylwia/Joette	9-9:45am Functional Fitness Seated Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Classic Strength Fred	Heart Wellness* Starts July 26 8-9am
10-10:45am Functional Fitness Standing Fred	10-10:30am Seated Strong	10-10:45am~ Cardio Drumming Joette	10-10:45am Yoga Miranda	10-10:45am Functional Fitness Standing Sylwia	9:30am Coffee Club Walkers (\$0.50 coffee)	10-10:45am~ Cardio Drumming Joette	10-10:45am Yoga Miranda	10-10:45am Piliates Fitness Fred	Self-Defense Fitness* July 19-28 9-10am & 5-6pm
11-11:45am~ Sun Style Tai Chi for Arthritis Joette		11-11:30am Classic Ballet Miranda			10-10:30am Seated Strong	11-11:45am~ Sun Style Tai Chi for Arthritis Joette		11-11:30am Yoga Fred	Dance Time Machine* July 31, 1-1:45pm Joette
					12-1pm* CookBOOK Club				Myofascial Release Workshop* July 24 & 26 1pm or 6pm
2-3pm* Tai Ji Quan: MFBB		2-4pm Table Tennis		2-3pm* Tai Ji Quan: MFBB		2-4pm Table Tennis			7-Week Diabetes Pilot* July 25 10-11am
4:30-5:15 Strong By Zumba Kaethe		4:30-5:15pm Yoga Miranda	4:30-5:30pm Bone Builders (Catholic Charities, everyone welcome)			4:30-5:15pm Yoga Miranda	4:30-5:30pm Bone Builders (Catholic Charities, everyone welcome)		Respite Care Wellness* July 20, 9-11am
5:15-6pm~ Ballet (Barre Standing) Miranda		5:30-6:15pm~ Ballet (Barre & Floor) Miranda	5-5:30pm* Arthritis Foundation Exercise Fred		5-6pm* 8 Week Weight loss Sylwia/Joette	5:30-6:15pm~ Ballet (Barre & Floor) Miranda		5:15-6pm~ Ballet (Barre Standing) Miranda	Personal Training Stop by the Fitness Desk to learn more
6-7pm~ Cardio-Boxing Sylwia/Ken		6:20-7:05pm Zumba Ron		6-6:45pm~ Fitness Boot Camp Kaethe	6-7pm Coming Soon Zumba Espanola (In Spanish) Mirna	6:20-7:05pm Zumba Ron		6-7pm Med-City Dance Lessons	Fitness Assessments Stop by the Fitness Desk to learn more

125 LIVE will start/resume Saturday Fitness Classes in the Fall, effective July 15. In addition to the Drop-in and Specialty Fitness classes that are offered within the Fitness Center, 125 LIVE may also offer additional classes that will be posted on our message wall outside of the Fitness Studio.

Thank you

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

<b>8 weeks to Improved Weight Loss- Registration required.</b> 8-week program includes group discussions, journaling, weigh-ins, and exercise.
<b>Ballet- Registration encouraged.</b> Experience the amazing health benefits of dancing including improved flexibility, strength and endurance!
<b>Sun Style Tai Chi "For Arthritis"</b> - Follows the guidelines from the Tai Chi for Health Institute related to physical activity for individuals that may be living with arthritis. This Tai Chi class is also great
<b>Cardio-Boxing-</b> Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
<b>Cardio-Drumming-</b> Move your body to the beat you create as you flex your muscles and your creativity in this aerobic endurance class.
<b>Classic Strength-</b> Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.
<b>Fitness Boot Camp-</b> Improve your strength, endurance, agility and balance in this 6 week program using a variety of fitness equipment.
<b>Functional Balance-</b> Improve balance and coordination. Supervision provided through training drills that safely challenge all fitness levels.
<b>Functional Strength "Seated"</b> - Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!
<b>Functional Strength "Standing" with Extended Stretch-</b> Full body fitness, incorporating strength and cardio exercises.
<b>Group Dance Lessons-</b> 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
<b>Pilates Fitness-</b> Improve your balance, core strength, posture, and overall fitness.This class is exclusively performed using a Yoga mat.
<b>Strong by Zumba-</b> Higher intensity training utilizing music synchronization to push you harder, and reach your goals faster!
<b>Tai Ji Quan-</b> 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
<b>Yoga &amp; Yoga "Introduction"</b> - Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.
<b>Zumba Gold w/w'o Chair &amp; Zumba-</b> Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.
<b>Chair Yoga-</b> Strictly using a chair, seated or standing with chair support.
<b>Seated Strong-</b> 30 minute strictly seated fitness class that uses a variety of equipment to achieve a full body seated workout.
<b>Open Gym-</b> The Rec Center gym is available for a vairety of fun activities, including Pickleball and Basketball.
Registration is encouraged or required in instances that equipment or space limits the number of participants that may participate, or if a program or class requires added materials that are reflected in the registration fee.

