

May 2017 Group Fitness Schedule

Schedule is subject to change.

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

Blue= Registration Encouraged Red= Registration Required

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

Monday	(M) Northview	Tuesday	(T) Northview	Wednesday	(W) NV & K	Thursday	(Th)Northview	Friday	Saturday
8:30-9am Yoga		8-8:45am Zumba Gold		8:30-9am Yoga		8-8:45am Zumba Gold			
9-9:45am Classic Strength & Circuit		9-9:45am Functional Strength Seated		9-9:30am Classic Strength	9-10am 8 Weeks to Improved Weight Loss	9-9:45am Functional Strength Seated		9-9:45am Classic Strength & Circuit	10:30-11:30am Cardio-Boxing
10-10:45 am Functional Strength "Standing"	10-10:30am Seated Strong	10-10:30am Cardio-Drumming	10-10:30am Am Ballet Dry Land	10-10:45am Functional Strength Standing	10-10:30am Seated Strong	10-10:30am Cardio-Drumming		10-10:45am Pilates Fitness	11:30-12:15pm Saturday Strength & Ab Sculpt
11-11:30am Freedom Flexibility		11-11:30 Functional Balance	10:35-11:15am All Level Yoga	11-11:30am Wellness Wednesday <i>Try something new!</i>	12-1pm CookBOOK Club	11-11:30 Functional Balance	10:35-11:15am All Level Yoga	11-11:45am Yoga Fitness	12:30pm-1pm Family Zumba Intergenerational Activity
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,

Other Activities & Events for May & June

Fitness Assessments *Schedule at Fitness Desk	Personal Training	Wellness & Health Coaching	June 10 "Any" K (5K) Walk* (Registration Required)	
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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.