

September 2017 Group Fitness Schedule

Updated 8/22/17

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 125livefitness.org

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Special Programs
Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Studio	
6:15-7am ☆ Barre Fusion Miranda		6-6:45am ☆ Strong By Zumba Kaethe		6:15-6:45am ☆ Strength Express Kaethe				6:15-7am ☆ Barre Fusion Miranda		Oktoberfest Week 9/25-9/29
7:30-8:15am Zumba Mirna		7-7:45am Pilates / Barre Fusion Miranda		7:30-8:15am Zumba Mirna		7-7:45am Pilates / Barre Fusion Miranda		7:30-8:15am Zumba Mirna		
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		8:20-9am Yoga Fred	8:30-9:15am Zumba Instructor Varies	Custom Wellness Experience* 507-424-6408
9:05-9:45am Classic Strength Fred	9:30am Walking Club	9-9:45am Functional Fitness Seated Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Classic Strength Fred	9:30am Walking Club	9-9:45am Functional Fitness Seated Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Classic Strength Fred	9:45-10:15am ☆ Saturday Strength & Ab Sculpt	Together Separately: Respite Care Wellness
10-10:45am Functional Fitness Standing Fred	10-10:30am Seated Strong	10-10:45am~ Cardio Drumming Joette	10-10:30am Am Aerobics Fred	10-10:45am Functional Fitness Standing Sylwia	10-11:30am Care Café Fireplace Room	10-10:45am~ Cardio Drumming Joette	10-10:30am Am Aerobics Fred		10:30-11:30am ☆ Cardio-Boxing* Sylwia	Emergency Preparedness September 6, 8:30am Water Rescue
11-11:45am~ Sun Style Tai Chi for Arthritis Joette	11-11:10am Guided Meditation Kaethe									ExerGaming Video Game Fitness September 12, 10-11am
		2-4pm Table Tennis								Standing Strong Together Day Long Wellness Event Sept. 22
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 ☆ Fitness Boot Camp Kaethe	5-6pm* 8 Week Weight loss Sylwia/Joette	4:30-5:15pm Yoga Miranda	4:30-5:30pm Bone Builders (Catholic Charities, everyone welcome)			"3rd Times a Charm" 3 Visit Incentive Program
5:15-6pm~ Ballet (Barre Standing) Miranda		5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda		5:30-6:15pm* Sept 6, Bollywood Zumba Rimki		5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda		5:15-6pm~ Ballet (Barre Standing) Miranda		Shimmy School Belly Dancing September 12, 10-11am
6-7pm~ ☆ Cardio-Boxing Sylwia		6:20-7:05pm Zumba Ron		6:15-7pm ☆ Sept. 20, Hip Hop Dance Choreography Dominique	6-7pm Zumba en espanola (In Spanish) Mirna	6:20-7:05pm Zumba Ron		6-7pm Med-City Dance Lessons		Personal Training Stop by the Fitness Desk to learn more
					6-7pm* CookBOOK Club Evenings					Self-Defense~ September 21, 10-10:30am

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. The Star indicates a class is offered at a vigorous intensity, although accommodations will be made for those that need them.



CENTER FOR
ACTIVE
ADULTS

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

8 weeks to Improved Weight Loss- Registration required. 8-week program includes group discussions, journaling, weigh-ins, and exercise.
Ballet- Registration encouraged. Experience the amazing health benefits of dancing including improved flexibility, strength and endurance!
Sun Style Tai Chi "For Arthritis" - 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 for those without arthritis, as every one can improve their health and wellbeing
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.
Hip Hop Dance- Challenge yourself as you try something new, with amazing choreography to music that will make you move.
Functional Fitness "Seated" - Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!
Barre Fusion- Combining the challenging benefits of Ballet Barre and Pilates for a high intensity full body workout.
CookBOOK Club- Creating new recipes from old favorites, with a healthy and tasty twist
Care Café- Come for the coffee, and stay to learn more about resources that you can use to help with unique challenges of aging and maintaining meaningful relationships.
Walking Club- When the weather is nice join us for a walk along the river, if the weather isn't cooperating, join us for through the Rec Center.
Guided Meditation- A brief mindfulness experience that will help you focus on yourself.
AM Aerobics- Move your body through a gentle, but challenging cardio-dance/wellness class. Routines are choreographed to music, equipment may be used as well.
Zumba en espanola- Diversión, clase de ejercicio de ritmo rápido conducido totalmente en español.
Saturday Strength & Ab Sculpt- Expect to push yourself as hard as you can, with a variety of floor exercises and resistance training.
Functional Fitness "Standing" - Full body fitness, incorporating strength and cardio exercises.
Med City Dance- 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.
Strength Express- 30 minutes is all it takes to the start your day off right. Full body workout at a vigorous intensity using a variety of equipment and body weight exercises.
Strong by Zumba- Higher intensity training utilizing music synchronization to push you harder, and reach your goals faster!
Table Tennis- Three tables will be available in the Fitness Studio for players to participate in open games.
Yoga- 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.
Chair Yoga- Strictly using a chair, seated or standing with chair support.
Seated Strong- 30 minute strictly seated fitness class that uses a variety of equipment to achieve a full body seated workout.
Open Gym- The Rec Center gym is available for a vairyety 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.