

November 2017 Group Fitness Schedule

Updated 10/27/17

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	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		Shimmy School November 14th, 10am
7:30-8:15am Zumba Mirna		7-7:45am Pilates/Barre Miranda		7:30-8:15am Zumba Mirna		7-7:45am Pilates/Barre Miranda		7:30-8:15am Zumba Mirna		Open Gym / Pickleball
8:20-9am Yoga Fred	9-10am SAIL <small>(Catholic Charities, everyone welcome)</small>	8-8:45am Zumba Gold (Adaptive) Kim		8:20-9am Yoga Fred	9-10am SAIL <small>(Catholic Charities, everyone welcome)</small>	8-8:45am Zumba Gold (Adaptive) Kim		8:20-9am Yoga Fred		
9:05-9:45am Heart Strong <small>(Aerobic/Strength) Fred</small>	9:30am Walking Club	9-9:45am Sit & Fit Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Heart Strong <small>(Aerobic/Strength) Fred</small>	9:30am Walking Club	9-9:45am Sit & Fit Joette	9:15-9:45am All Chair Yoga Fred	9:05-9:45am Classic Strength Fred	9-9:45am ☆ Zumba Leslie/Amy/Rimki	"3rd Times a Charm" 3 Visit Incentive Program
10-10:45am Functional Fitness Standing Joette	10-10:30am Seated Strong	10-10:30am Freedom Flexibility Joette	10-10:30am Am Aerobics Fred	10-10:45am Functional Fitness Standing Sylwia		10-10:30am Freedom Flexibility Joette	10-10:30am Am Aerobics Fred			Personal Training Stop by the Fitness Desk to learn more
11-11:45am~ Sun Style Tai Chi for Arthritis Joette					12-1pm* CookBOOK Club <small>(Nov. Inspired by Asian Recipes)</small>	11-11:45am~ Sun Style Tai Chi for Arthritis Joette				Fitness Town Hall Discuss topics with Ken November 3rd, 9am
		2-4pm Table Tennis				2-4pm Table Tennis				Emergency Preparedness November 6th, 10am
4:30-5:15 ☆ Strong By Zumba Kaethe		4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL <small>(Catholic Charities, everyone welcome)</small>	4:30-5:15pm ☆ Fitness Boot Camp Kaethe	5-6pm* 8 Week Weight loss Sylwia	4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL <small>(Catholic Charities, everyone welcome)</small>			Incentive Cocktail Hour November 3rd at 3:30pm
5:15-6pm ☆ Dance Club Leslie		5:30-6:15pm~ ☆ Ballet <small>(Barre & Floor) Miranda</small>				5:30-6:15pm~ ☆ Ballet <small>(Barre & Floor) Miranda</small>				Cardio-Drumming 2x's Monthly Special Event Class Check out the Newsletter for details
6-7pm~ ☆ Cardio-Boxing Sylwia		6:20-7:05pm Zumba Rimki		6-7pm Zumba en espanola <small>(In Spanish) Mirna</small>		6:20-7:05pm Zumba Rimki				Fitness Assessments By Appointment

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 accomodations 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)

<p>8 weeks to Improved Weight Loss- Registration required. 8-week program includes group discussions, journaling, weigh-ins, and exercise.</p>
<p>Ballet- Registration encouraged. Varying Intensity, Low Impact. Follow Ballet principals to experience the amazing health benefits of dancing including improved flexibility, strength and endurance!</p>
<p>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</p>
<p>Cardio-Boxing- High Intensity, High Impact. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.</p>
<p>Freedom Flexibility- Low to Moderate Intensity, No Impact. Full body passive (reach and hold) and dynamic (stretching through a full range of motion) stretching, primarily seated.</p>
<p>Classic Strength- Moderate Intensity, Low Impact. Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.</p>
<p>Fitness Boot Camp- Moderate to High Intensity, Moderate Impact. Improve your strength, endurance, agility and balance in this 6 week program using a variety of fitness equipment.</p>
<p>Dance Club- Moderate to High Intensity, Low Impact. Aerobic dance class accompanied by fun popular music.</p>
<p>Sit & Fit- Low to Moderate Intensity, Low Impact. Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!</p>
<p>Barre Fusion- Moderate to High Intensity, Low Impact. Combining the challenging benefits of Ballet Barre and Pilates for a high intensity full body workout.</p>
<p>CookBOOK Club- Creating new recipes from old favorites, with a healthy and tasty twist</p>
<p>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.</p>
<p>AM Aerobics- Varying Intensity, Low Impact. Move your body through a gentle, but challenging cardio-dance/wellness class. Routines are choreographed to music, equipment may be used as well.</p>
<p>Zumba en espanola- Moderate to High Intensity, Low Impact. Diversión, clase de ejercicio de ritmo rápido conducido totalmente en español.</p>
<p>Heart Strong- Moderate to high intensity, with low impact. Train your cardiovascular system and build strength in this heart healthy strength training class.</p>
<p>Functional Fitness "Standing"- Moderate Intensity, Low Impact. Full body fitness, incorporating strength and cardio exercises.</p>
<p>Strength Express- High Intensity, Moderate Impact. 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.</p>
<p>Strong by Zumba- High Intensity, Moderate to High Impact. Train utilizing music synchronization to push you harder, and reach your goals faster!</p>
<p>Table Tennis- Three tables will be available in the Fitness Studio for players to participate in open games.</p>
<p>Yoga- Varying Intensity, No Impact. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.</p>
<p>Zumba Gold w'/w'o Chair & Zumba- Varying Intensity, Low Impact. Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.</p>
<p>Chair Yoga- Varying Intensity, No Impact. Strictly using a chair, seated or standing with chair support.</p>
<p>Seated Strong- Varying Intensity, Low Impact. 30 minute strictly seated fitness class that uses a variety of equipment to achieve a full body seated workout.</p>
<p>Open Gym- The Rec Center gym is available for a variety of fun activities, including Pickleball and Basketball.</p>
<p>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.</p>