

December 2017 Group Fitness Schedule

Updated 11/28/17

Schedule is subject to change. Drop-in classes are complimentary with any Fitness Membership: some Specialty Fitness Classes do require a registration fee, others encourage registration due to the space and equipment.
 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		11-12pm Active Book Club Dec. 29 Summary (all month long)
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		5pm Movie Marathon Dec. 11
8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold / Adaptive Kim	8-8:45am 24 Form Tai Chi Joette	8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold / Adaptive Kim	8-8:45am 24 Form Tai Chi Joette	8:20-9am Yoga Fred		Custom Wellness Experience 507-424-6408
9:05-9:45am Heart Strong (Aerobic/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 Heart Strong (Aerobic/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	9-9:45am ☆ Zumba Rimki & Leslie	Personal Training Stop by the Fitness Desk to learn more
10-10:45am Functional Fitness Standing Joette	10-10:30am Seated Strong	10-10:30am Am Aerobics Fred		10-10:45am Functional Fitness Standing Sylwia		10-10:30am Am Aerobics Fred			10--10:45am Intergenerational Cardio-Boxing (*Starts Dec. 16)	10:30-11am Senior Judo Dec 4-Dec 22 (Register)
		10:30-11am Freedom Flexibility Joette		11:30-12pm Express Kettlebell Sylwia (Register)	12-1pm CookBOOK Club Restaurant Favorites (Register)	10:30-11am Freedom Flexibility Joette		11:30-12pm Express Kettlebell Sylwia (Register)	1-1:45pm Intergenerational Yoga (Dec. 9 Only) Sarah	11-12pm Dec. 18 Fitness Member Advisory Group
		11-11:30am Cardio- Drumming Joette								
3-3:45pm Tai Chi for Arthritis Joette (Register)		2-4pm Table Tennis		3-3:45pm Tai Chi for Arthritis Joette (Register)		2-4pm Table Tennis			2-2:30pm Intergenerational Aerobic Dance (Dec. 9 Only)	2-4pm Suds & Soak December 5
4:30-5:15 ☆ Strong By Zumba Kaethe		4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	4:30-5:15pm ☆ Fitness Boot Camp Kaethe	5:30-5pm 8/wk Weight Loss Mtn. Sylwia (Register)	4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			10am Inspires me, Inspires you Dec. 15
5:15-6pm ☆ Dance Club Leslie	5-6pm 8 WKS Weight Loss Sylwia (Register)	5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda		5:30-6:15pm Yoga for Life Sarah		5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda		5:30-6:15pm Yoga for Life Sarah		
6-7pm ☆ Starts Dec. 11 Cardio-Boxing Sylwia (Register)		6:20-7:05pm Zumba Rimki			6-7pm ☆ Zumba (Clase en Espanol) Mirna	6:20-7:05pm Zumba Rimki				

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)
8 weeks to Improved Weight Loss- EDUCATIONAL PROGRAM. Registration required. 8-week program includes group discussions, journaling, weigh-ins, and exercise.
8 Weeks to Improved Weight Loss Management- EDUCATIONAL PROGRAM. Registration Required. 8-week program includes group discussions, journaling, weigh-ins, and exercise. Must have completed the original "8 Weeks" program
Ballet- Registration encouraged. Low impact, Varied Intensity. Experience the amazing health benefits of dancing including improved flexibility, strength and endurance!
Heart Strong- Moderate impact, Varied intensity. Dance, move, and lift your way to better health. This class uses principals of aerobic fitness classes and strength classes to give you a complete workout.
24 Form Tai Chi- Low impact, Low to Moderate intensity. Follow along as you improve your balance, flexibility, and allow yourself to focus on being self-aware using this modified former martial art.
Sun Style Tai Chi "For Arthritis"- Low impact, Low intensity. 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- High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
Cardio-Drumming- Low impact, Moderate intensity. Move your body to the beat you create as you flex your muscles and your creativity in this aerobic endurance class.
Classic Strength- Low impact, Varied intensity. Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.
Fitness Boot Camp- High impact, Varied intensity. Improve your strength, endurance, agility and balance in this 6 week program using a variety of fitness equipment.
Freedom Flexibility- Low impact, Low intensity. Move your body through dynamic stretches and static stretches to improve your range of motion. (want to learn what dynamic and static stretches are, come to class)
Functional Fitness "Seated"- Low impact, Varied intensity. Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!
Barre Fusion- Low impact, Moderate intensity. 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
SAIL- "Staying Active and Independent for Life". Offered for free by the Winona Catholic Charities. Everyone is welcome to join (Members and Non-Members).
Pilates Barre- Low impact, Varied intensity. Incorporating principals of Pilates, Ballet, and Yoga this class works you through a full range of motion and encourages great posture and flexibility.
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.
AM Aerobics- Low to Moderate impact, Varied intensity. Move your body through a gentle, but challenging cardio-dance/wellness class. Routines are choreographed to music, equipment may be used as well.
Zumba (Clase en Espanol)- Diversión, clase de ejercicio de ritmo rápido conducido totalmente en español.
Dance Club- Low to Moderate impact, Varied intensity. Aerobic dance class using popular music to motivate you to be active and keep moving.
Functional Fitness "Standing"- Moderate impact, Moderate intensity. Full body fitness, incorporating strength and cardio exercises.
Strength Express- Moderate impact, High intensity. 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- Moderate to High impact, Varied intensity. Higher intensity training utilizing music synchronization to push you harder, and reach your goals faster!
Intergenerational Classes- Varied impact, Varied intensity. Registration is required. Members and registered guests may bring children to these classes, but must follow all the guidelines related to supervised minors. Classes will focus more on body weight exercises and safe activities for participants of all ages.
Table Tennis- Three tables will be available in the Fitness Studio for players to participate in open games.
Yoga- Low impact, Varied intensity. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.
Zumba Gold w'/w'o Chair & Zumba- Low to Moderate impact, Varied intensity. Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.
Chair Yoga- Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
Seated Strong- Low impact, low to Moderate intensity. 30 minute strictly seated fitness class that uses a variety of equipment to achieve a full body seated workout.
Express Kettlebell- Registration required. High impact, High intensity. Working just short of your maximum capacity using kettlebells (weights) to functionally train you like an athlete.
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.