

# January 2018 Group Fitness Schedule

Updated 1/2/18

Schedule is subject to change. Drop-in classes are complimentary with any Fitness Membership: some Specialty Fitness Classes may 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	Non-Studio	Studio	
6:15-7am ☆ Barre Fusion Miranda		6-6:45am ☆ H.I.I.T		6:15-6:45am ☆ Strength Express Jen				6:15-7am ☆ Barre Fusion Miranda			Train to Gain: Rock Climbing Jan 4 Climbing event Jan. 25
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			Wellness University Jan. 26 at 10am
8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities,	8-8:45am Zumba Gold / Adaptive Kim		8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold / Adaptive Kim		8:20-9am Yoga Fred			Custom Wellness Experience 507-424-6408
9:05-9:45am Heart Strong (Aerobic/Strength) Fred	9:30-10am 8WK Weight Loss/Maint (Register)	9-9:45am Functional Fitness Seated Joette	9:15-9:45am Chair Yoga Fred	9:05-9:45am Heart Strong (Aerobic/Strength) Fred		9-9:45am Functional Fitness Seated Joette	9:15-9:45am 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 Neuromuscular Training Joette	10-10:30am Seated Strong	10-10:30am Am Aerobics Fred	10-10:30am Tai Chi Joette	10-10:45am Neuromuscular Training Sylwia		10-10:30am Am Aerobics Fred	10-10:30am Tai Chi Joette			10-10:45am Intergenerational Cardio-Boxing (*Starts January 27, Register)	Standing Strong Fitness Presentations 9am: Jan. 4, 11, & 18
	10-11am 8WK Weight Loss (Register)	10:30-11am Freedom Flexibility Joette		11:30-12pm Express Kettlebell Sylwia (Register) Starts Jan 31st	12-1pm CookBOOK Club Restaurant Favorites (Register)	10:30-11am Freedom Flexibility Joette		11:30-12pm Express Kettlebell Sylwia (Register) Starts Jan 31st		1-1:45pm Intergenerational Yoga (Jan 13, Only) Sarah	11-12pm Jan. 15 Fitness Member Advisory Group
		2-4pm Table Tennis				2-4pm Table Tennis					Thinking for Change: Talk about Motivation with Fred Jan. 9, 10:30am
4:30-5pm ☆ H.I.I.T. Training		4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	4:30-5pm ☆ H.I.I.T. Training		4:30-5:15pm Yoga Miranda	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			2-2:30pm Intergenerational Aerobic Dance (Jan. 13, Only)	2-4pm Suds & Soak January 9th
5:15-6pm ☆ Dance Club Leslie	5-6pm 8 WKS Weight Loss Sylwia (Register)	5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda	5:30-6pm Intergenerational Fitness Boot Camp (Register)	5:30-6:15pm Yoga for Life Sarah		5:30-6:15pm ☆ Ballet (Barre & Floor) Miranda		5:30-6:15pm Yoga for Life Sarah	5:30-6pm Intergenerational Fitness Boot Camp (Register)		International Specialty Zumba Rimki 6:30pm Thursday Jan. 18 (Registration Encouraged)
6-7pm ☆ Cardio-Boxing Sylwia (Register)		6:20-7:05pm Zumba Rimki			6-7pm ☆ Community Zumba Mirna	6:20-7:05pm Zumba Rimki		6:15-7pm Fun & Fit Series Jan. 12 "Mindfulness Yoga & Moscato" Jan. 26 "Boxing & Bloody Marys" (Register)			
7-8pm Hip Hop With Dominique (Register)											

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 Program Guide for more details)
<b>8 weeks to Improved Weight Loss-</b> EDUCATIONAL PROGRAM. Registration required. 8-week program includes group discussions, journaling, weigh-ins, and exercise.
<b>8 Weeks to Improved Weight Loss Management-</b> EDUCATIONAL PROGRAM. Registration Required. 8-week program includes group discussions, journaling, weigh-ins, and exercise. Must have completed the original "8 Weeks" program
<b>Ballet- Registration encouraged.</b> Low impact, Varied Intensity. Experience the amazing health benefits of dancing including improved flexibility, strength and endurance!
<b>Heart Strong-</b> 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.
<b>Tai Chi-</b> 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.
<b>Cardio-Boxing-</b> High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
<b>Fun &amp; Fit Series-</b> Varied Impact, Varied Intensity. A fitness party of sorts, using exercise as a catalyst to meet new people and have lots of fun, Registration is required cocktails will be served as part of registration fee.
<b>Neuromuscular Training-</b> Varied Impact, Varied Intensity. Train like an athlete, and enjoy the benefits of improved mobility, strength, and balance.
<b>Classic Strength- Low impact, Varied intenisty.</b> Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.
<b>H.I.I.T -</b> High impact, Varied intensity. Improve your strength, endurance, agility and balance in this 6 week program using a variety of fitness equipment.
<b>Freedom Flexibility-</b> 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)
<b>Functional Fitness "Seated"-</b> Low impact, Varied intensity. Primarily seated to benefit anyone that may have balance or arthritis concerns. A great introduction class!
<b>Barre Fusion- Low impact, Moderate intenisty.</b> Combining the challenging benefits of Ballet Barre and Pilates for a high intensity full body workout.
<b>CookBOOK Club-</b> Creating new recipes from old favorites, with a healthy and tasty twist
<b>SAIL-</b> "Staying Active and Independent for Life". Offered for free by the Winona Catholic Charities. Everyone is welcome to join (Members and Non-Members).
<b>Pilates Barre-</b> 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.
<b>Walking Club-</b> 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.
<b>AM Aerobics-</b> 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.
<b>Community Zumba-</b> Moderate Impact, High Intensity. Everyone is invited, even future Members to enjoy this high intensity aerobic dance class. Class instruction may be executed in one or more languages.
<b>Dance Club-</b> Low to Moderate impact, Varied intensity. Aerobic dance class using popular music to motivate you to be active and keep moving.
<b>Strength Express-</b> 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.
<b>Intergenerational Classes-</b> 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.
<b>Table Tennis-</b> Three tables will be available in the Fitness Studio for players to participate in open games.
<b>Yoga-</b> Low impact, Varied intensity. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.
<b>Zumba Gold w'/w'o Chair &amp; Zumba-</b> Low to Moderate impact, Varied intensity. Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.
<b>Chair Yoga-</b> Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
<b>Seated Strong-</b> 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.
<b>Express Kettlebell-</b> 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.