

125 LIVE FAMILY ACTIVITIES

Free Family Day **G**

Free Family Day is an intergenerational afternoon at 125 LIVE every second Saturday from 1PM-4PM. Free Family Day at 125 LIVE is free and open to the public.

Participate in family fitness activities like yoga, zumba and dance parties as well as create art in our painting, drawing and pottery studios.

2nd Saturdays.....1pm-3pm
March 10th, April 14th, May 12th

Intergenerational Pool **G**

125 LIVE is open to guests of all ages during these scheduled pool events. All participants are required to follow all member and guest policies and pool rules. The locker rooms are **only** open to minors during these scheduled events. All minors must be under the direct supervision of a parent or guardian. Children over the age of 4 are required to use their gender-identified locker room or may use one of two gender-neutral restrooms.

Saturdays and Sundays.....1pm-3pm
\$2 per minor under 16 years of age, \$10 for guests 16 and over.

Family Pool Time **G**

Enjoy free family day in the pool. Participants are required to follow all member and guest policies and pool rules. The locker rooms are only open to minors during these scheduled events. All minors must be under the direct supervision of a parent or guardian. Children over the age of 4 are required to use their gender-identified locker room or may use one of two gender-neutral locker rooms.

Saturday, March 10th.....1pm-3pm
Saturday, April 14th.....1pm-3pm
Saturday, May 12th.....1pm-3pm

Family Zumba **G**

Instructor: May Vary

Low impact, with moderate intensity. Aerobic fitness class with Latin dance-inspired moves and fun family friendly music to get everyone moving and having fun.

Saturday, March 10th.....2pm
Saturday, April 14th.....2pm
Saturday, May 12th.....2pm

Family Yoga **G**

Instructor: May Vary

No impact, with light to moderate intensity. A slightly faster paced version of Yoga designed to keep everyone focused on the poses, although designed for all levels of Yoga participants. This class just offers more poses in shorter holds.

Saturday, March 10th.....1pm
Saturday, April 14th.....1pm
Saturday, May 12th.....1pm

