

March 2018 Group Fitness Schedule

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	Studio	
6:15-7am ☆ Barre Fusion Miranda		6-6:45am ☆ PiYo LIVE Jen		6-6:45am ☆ AM Insanity Jen		6-6:45am Yoga for Life Sarah		6:15-7am ☆ Barre Fusion Miranda		Train to Gain: Pickleball March 5th, 10am Registration Required
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		
8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold Kim	8:30-9:30am Group Personal Training (Register)	8:20-9am Yoga Fred	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold Kim	8:30-9:30am Group Personal Training (Register)	8:20-9am Yoga Fred		
9:05-9:45am Heart Strong (Aerobic/Strength) Fred	9:30-10:30am Group Personal Training (Register)	9:15-9:45am Ball Basics Fred	9-9:30am Seated Strong Joette	9:05-9:45am Heart Strong (Aerobic/Strength) Fred	9:30-10:30am Group Personal Training (Register)	9:15-9:45am Ball Basics Fred	9-9:30am Seated Strong Joette	9:05-9:45am Circuit Fred	9-9:45am ☆ Zumba Rimki, Leslie, or Kim	Small Group Personal Training Registration Required
10-10:30am Neuromuscular Training Joette		10-10:30am Am Aerobics Fred	10-10:30am Tai Chi Joette	10-10:30am Neuromuscular Training Sylwia		10-10:30am Am Aerobics Fred	10-10:30am Tai Chi Joette	10-11am Fun & Fit Series March 23 "Crunches & Cookies" (Register)		Personalized Fitness Discussion March 12, 11am
10:30-11am Cardio-Drumming Joette		10:30-11am Freedom Flexibility Joette		10:30-11am Gentle Chair Yoga Sylwia		10:30-11am Freedom Flexibility Joette		10:30-11am Freedom Flexibility Joette		
11:30-12pm BOOM Strength Sylwia		2-4pm Table Tennis		11:30-12pm ☆ Lunch Break Kettlebells Sylwia (Register)		2-4pm Table Tennis		11:30-12pm ☆ Lunch Break Kettlebells Sylwia (Register)		Personal Training Stop by the Fitness Desk to learn more
4:30-5pm ☆ Insanity Jen		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)			Fitness Assessments By appointment at Fitness Desk
5:15-6pm ☆ Dance Club Leslie		5:30-6:15pm ☆ Ballet Fitness Miranda				5:30-6:15pm Yoga for Life Sarah		5:30-6:15pm ☆ Power Tone Sylwia (Register)		
6-7pm ☆ Cardio-Boxing Sylwia (Register)		6:20-7:05pm Zumba Rimki				6-7pm ☆ Community Zumba Mirna		6:20-7:05pm International Zumba Rimki (Registration)		Active BookClub Review March 23rd, 11am
7-7:30pm ☆ Kettlebells LIVE w' Sylwia (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.

Class Descriptions (Check out our Program Guide for more details)

Boom- Moderate to High intensity, Moderate Impact. 30 minute resistance class designed for fit older adults that want to push themselves. Modifications will be made to accommodate most fitness levels.
Ballet Fitness- Low impact, Varied Intensity. Experience the amazing health benefits of dancing including improved flexibility, strength and endurance! Will include traditional dance along with varied intensity strength and aerobic exercise.
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.
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.
Ball Basics- Low Impact, Varied Intensity. Switching out chairs for exercise balls to gain the added benefit of stability training while performing some standard (and not so standard) exercises.
Cardio-Drumming- Low Impact, Low Intensity. Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as effective as it is fun.
Cardio-Boxing- High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
Fun & Fit Series- 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.
Neuromuscular Training- Varied Impact, Varied Intensity. Train like an athlete, and enjoy the benefits of improved mobility, strength, and balance.
Classic Strength- Low impact, Varied intensity. Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.
PiYo LIVE- Low Impact, Varied Intensity. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.
Insanity- Moderate Impact, High Intensity. Primarily using only your body as resistance, this class uses very high intensity short bursts of exercise designed to increase calorie burning.
H.I.I.T - 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.
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.
Chair Yoga- Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
Community Zumba- 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.
Dance Club- Low to Moderate impact, Varied intensity. Aerobic dance class using popular music to motivate you to be active and keep moving.
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.
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- Low to Moderate impact, Varied intensity. Groove to music, without leaving your chair. Great for everyone, especially those with balance concerns.
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.
Circuit- Varied impact, Varied intensity. Standing, low-impact choreography alternated with upper-body strength work with hand-held weights, elastic tubing with handles and a ball.

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.