



# June 2018 Group Fitness Schedule

REVISED & Updated 5/30/18

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 125livevmn.org

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio
Coming Soon Virtual Fitness Classes 5:30am & 6am		Coming Soon Virtual Fitness Classes 5:30am & 6am		Coming Soon Virtual Fitness Classes 5:30am & 6am		Coming Soon Virtual Fitness Classes 5:30am & 6am		Coming Soon Virtual Fitness Classes 5:30am & 6am		
7:30-8:15am Zumba Mirna	7:00-7:45am Yin Yang Yoga Sara (register)	7-7:45am Pilates/Fusion Jen		7:30-8:15am Zumba Mirna	7-7:30am ☆ Strength Training Jen	7-7:45am S.S. SunriseYoga Jen		7-7:30am ☆ Bosu Ball & BW Jen		
8:20-8:50am Yoga Sara	9-10am SAIL (Catholic Charities, everyone welcome)	8-8:45am Zumba Gold Kim	8:30-9am Yoga for Back&Core Sara (register)	8:20-8:50am Yoga Sara	8:30-9:30am <i>Third Wednesday each month TerraLoco Walks</i>	8-8:45am Zumba Gold Kim		7:30-8:15am Zumba Mirna		
9:05-9:45am Heart Strong (Aerobic/Strength) Fred		9-9:45am PWR Moves Seated Fred (Register)	9:15-9:45am Gentle Seated Yoga Sara	9:05-9:45am Heart Strong (Aerobic/Strength) Fred	9-10am SAIL (Catholic Charities, everyone welcome)	9-9:45am PWR Moves Seated Fred (Register)	9:15-9:45am Gentle Seated Yoga Sara	8:20-8:50am Yoga Sara	8:30-9:30am River Trail Walks (Start June 15)	9-9:45am ☆ Zumba Rimki, Leslie, or Kim
10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Summer Sculpt Kyle	10-10:30am Am Aerobics Fred	10-10:30am Yoga for Neck, Shoulders&Back Sara(register)	10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Summer Sculpt Kyle	10-10:30am Am Aerobics Fred	9:45-10:30am Gentle Standing Yoga Sara	9:05-9:45am S.S. Circuit Fred	10:30-11:15am Zumba & Wedding Cake "fun&fit" June 15 only	
10:45-11:15am Cardio- Drumming Mirna				10:45-11:15am Cardio-Drumming Mirna				10-10:45am PWR Moves & Circuit Standing Fred (Register)		
11:30-12:00 Kettlebells Jen		11:30-12:00 Bosu, Ball & BW Jen	1-3pm Square Dancing	11:30-12pm ☆ Cardio Kickboxing Jen	12-1pm CookBOOK Club Taste of Take-out (Register)	11:30-12pm CardioSculpt Jen	11am-12pm Bowling League Bowlocity	11:30-12pm ☆ Cardio Kickboxing Jen		
12-2pm Fitness Studio Pickleball		2:00-4:00pm Table Tennis		12-2pm Fitness Studio Pickleball		2-4pm Table Tennis	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			1-1:45pm Family Yoga (2nd Saturday of each month)
5:15-6pm ☆ Dance Club Leslie			4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	5-5:45pm PiYo Strength Jen		5:30-6:15pm ☆ Power Tone Jen/Sylwia (register)		5:30-6:15pm Vinyasa Flow Yoga Patricia	5:30-6:30pm Kickboxing & Karaoke June 29th "fun&fit"	2-2:30pm Family Zumba (2nd Saturday of each month)
6-7pm ☆ Cardio-Boxing Sylwia (Register)		6:20-7:05pm ☆ Zumba Mirna		5:45-6:30pm Vinyasa Flow Yoga Patricia	6-7pm ☆ Community Zumba Mirna	6:20-7:05pm ☆ International Zumba Rimki				
7-7:30pm ☆ Kettlebells LIVE Kyle (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)**

<b>S.S. Boom-</b> 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.
<b>Standing Core and Strength-</b> Low impact, Varied Intensity. Fluid movement and strength to improve balance and stability. Does contain some floor exercises.
<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>Gentle Standing Yoga-</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 a mixed approach designed to improve wellness.
<b>Seated &amp; Standing Strength &amp; Conditioning-</b> Using a variety of equipment for full body workouts that will involve seated and standing exercises for all levels.
<b>Cardio-Drumming- Low Impact, Low Intensity.</b> Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as effective as it is fun.
<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>Classic Strength- Low impact, Varied intensity.</b> Utilize seated and standing resistance exercises with weights, bands, and other equipment to increase strength.
<b>PIYo LIVE- Low Impact, Moderate to High intensity.</b> Yoga & Pilates inspired moves at a fast pace. PIYo combines strength, stretch & cardio for a calorie torching workout
<b>Cardio-Sculpt- Moderate Impact, High Intensity,</b> a balanced workout of alternating strength & cardio sets designed to keep your heartrate revved up.
<b>Mindful Morning Flow - Low impact, Varied intensity.</b> Yoga done with special attention to each participant creating the best possible outcomes.
<b>Kettlebells-</b> Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.
<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 Fusion-</b> Low impact, Moderate 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>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>Gentle Chair Yoga-</b> Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
<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>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-</b> A great cardio workout for active older adults, original Zumba moves at a lower intensity with songs from the 60s,70s & 80s plus modern hits!
<b>Circuit-</b> 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.
<b>S.S. Yoga-</b> Yoga for all levels.

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.