


# July 2018 Senior Friendly Drop-In Fitness

REVISED & Updated 6/12/2018

These classes are listed on the primary July Schedule too, but are compiled here better showcase 125 LIVE classes that best serve older adults. 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
Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio
7:30-8am Zumba Mirna	7:30-8:15am Pool Aerobics Jose		7:30-8am Pool Aerobics Emily/Jose	7:30-8am Zumba Mirna	7:30-8:15am Pool Aerobics Jose	7-7:45am S.S. SunriseYoga Jen	7:30-8am Pool Aerobics Emily/Jose	7:30-8am Zumba Mirna	7:30-8:15am Pool Aerobics Jose	
8:20-8:50am Yoga Sara	9-9:30am Fluid Movement Pool Jose	8-8:45am Zumba Gold Kim		8:20-8:50am Yoga Sara	9-9:30am Fluid Movement Jose	8-8:45am Zumba Gold Kim		8:20-8:50am Yoga Sara		
<b>9:05-9:45am</b> <b>Heart Strong</b> Aerobic/Strength Fred	9-10am SAIL (Catholic Charities, everyone welcome)		9:15-9:45am Gentle Seated Yoga Sara	<b>9:05-9:45am</b> <b>Heart Strong</b> (Aerobic/Stren gth) Fred	9-10am SAIL (Catholic Charities, everyone welcome)		9:15-9:45am Gentle Seated Yoga Sara	9:05-9:45am S.S. <b>Circuit</b> Fred	9-9:30am Splash Jose Pool	<b>9-9:45am</b> <b>Zumba</b> Rimki, Leslie, Kim
10:45-11:15am Cardio- Drumming Mirna	10-10:30am Summer Sculpt Kyle	10-10:30am Am Aerobics Fred		10:45-11:15am Cardio- Drumming Mirna	10-10:30am Summer Sculpt Kyle	10-10:30am Am Aerobics Fred	9:45-10:30am Gentle Standing Yoga Sara		9:30-10:30am Pool Party Sylwia	
11:30-12pm Aqua Zumba Mirna		2:00-4:00pm Table Tennis	<b>12-12:45pm</b> <b>Functional</b> <b>Strength Pool</b> Mirna		12-1pm CookBOOK Club (Register)	2:00-4:00pm Table Tennis	<b>12-12:45pm</b> <b>Functional</b> <b>Strength Pool</b> Mirna	 <b>CENTER FOR ACTIVE ADULTS</b>		
			4:30-5:30pm SAIL (Catholic Charities, everyone welcome)				4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			
			5:15-6pm Aqua Zumba Mirna	5:45-6:30pm Vinyasa Flow Yoga Patricia				5:30-6:15pm Vinyasa Flow Yoga Patricia		
5:15-6pm Dance Club Leslie			6:20-7:05pm Zumba Mirna		6-7pm Community Zumba Mirna			6-7pm Yoga & Vino July 27 only "Fun & Fit" (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.

<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>Aqua Zumba-</b> aerobic dance class that uses key components of Latin dance into a high energy aerobic workout
<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>Mindful Morning Flow - Low</b> impact, Varied intensity. Yoga done with special attention to each participant creating the best possible outcomes.
<b>Pool Aerobics-</b> a very popular morning exercise class, using water weights and aerobic body movement to create a low impact fun session
<b>Functional Strength Pool-</b> use the water for balance supported you are coached through functional exercises designed to improve activities of daily living
<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>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>S.S. Circuit(Silver Sneakers)-</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.(Silver Sneakers) 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.