



July 2018 Group Fitness Schedule

REVISED & Updated 6/28/18

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
	7:00-7:45am Yin Yang Yoga Sara (register)	7-7:45am Pilates/Fusion (Moderate Intensity) Jen		7-7:30 PiYo (Moderate Intensity) Jen		7-7:45am SunriseYoga (SS All Levels) Jen		7-7:30am Bosu & Ball (Moderate Intensity) Jen		
7:30-8:10am Zumba (All Levels) Mirna				7:30-8:10am Zumba (All Levels) Mirna				7:30-8:10am Zumba (All Levels) Mirna		
8:15-8:55am Yoga (Varied Intensity) Sara		8-8:45am Zumba Gold (All Levels) Kim	8:30-9am Yoga for Back&Core Sara (register)	8:15-8:55am Yoga (Varied Intensity) Sara		8-8:45am Zumba Gold (All Levels) Kim		8:15-8:55am Yoga (Varied Intensity) Sara		
9:05-9:50am Heart Strong: Aerobic/Strength (Moderate Intensity) Fred	9-10am SAIL (Catholic Charities, everyone welcome)	9-9:45am PWR Moves Seated Fred (Register)	9:15-9:45am Gentle Seated Yoga (All Levels) Sara	9:05-9:50am Heart Strong: Aerobic/Strength (Moderate Intensity) Fred	9-10am SAIL (Catholic Charities, everyone welcome)	9-9:45am PWR Moves Seated Fred (Register)	9:15-9:45am Gentle Seated Yoga Sara	9:00-9:45am S.S. Circuit (All Levels) Fred		9-9:45am ☆ Zumba Rimki, Leslie, or Kim
10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Summer Sculpt (Moderate Intensity) Kyle	10-10:30am Am Aerobics (Moderate Intensity) 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 (Moderate Intensity) Kyle	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:45am PWR Moves & Circuit Standing Fred (Register)		
10:45-11:15am Cardio-Drumming (All Levels) Mirna				10:45-11:15am Cardio-Drumming (All Levels) Mirna					10:30-11:30am Kettlebells & Key Lime Pie "Fun & Fit" July 13th ONLY	
11:30-12:00 Kettlebells (Moderate Intensity) Jen		11:30-12:00 Bosu & Ball (Moderate Intensity) Jen		11:30-12pm Cardio Kickboxing (Moderate Intensity) Jen	12-1pm CookBOOK Club Taste America (Register)	11:30-12pm Core & Upper Body Strength (All Levels) Jen		Fitness Studio Unavailable 11am-12:30pm for Rental Event	11:30-12pm Cardio Kickboxing Jen	
		2-4pm Table Tennis				2-4pm Table Tennis				
		5-5:30pm ☆ Bodyshred (Moderate-High Intensity) Jen	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)				4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			1-1:30pm Family Yoga (All Levels) Jen (July 14 only)
5:15-6pm ☆ Dance Club (Moderate Intensity) Leslie		5:30-6:15pm ☆ Work-It-Circuit Jen(register) July 17-Aug 21		5:15-6pm ☆ Kickboxing (Moderate-High Intensity) Jen	5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia	5:30-6:15pm Power Tone Sylwia/Jose (Register)		5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia		2-2:30pm Family Zumba (All Levels) (July 14 only)
6-7pm ☆ Cardio-Boxing (High Intensity) Sylwia (Register)		6:20-7:05pm ☆ Zumba (Moderate-High Intensity) Mirna		6-6:30pm ☆ Kettlebells (Moderate-High Intensity) Kyle	6-7pm ☆ Community Zumba (Moderate-High Intensity) Mirna	6:20-7:05pm International Zumba Rimki		6-7pm Yoga & Vino July 27 only "Fun & Fit"		

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.

Personal Training Available:

Stop by the Fitness Desk and learn more about how a Personal Trainer may help you

Fitness Assessments:

Included in your Fitness Membership at no additional cost. Visit the Fitness Desk to schedule an assessment and discover if you have any strength, balance, or cardiovascular areas that need improvement.

Fitness Orientations:

Learn how to get the most out of your Fitness Membership. Orientations are free, but limited to four during each year of Membership.

Bodyshred- Higher intensity, a program developed by Jillian Michaels blending strength, cardio and core movements designed to maximize fitness results.
Standing Core and Strength- Low impact, Varied Intensity. Fluid movement and strength to improve balance and stability. Does contain some floor exercises.
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.
Gentle Standing Yoga- 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.
Seated & Standing Strength & Conditioning- Using a variety of equipment for full body workouts that will involve seated and standing exercises for all levels.
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.
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, Moderate to High intensity. Yoga & Pilates inspired moves at a fast pace. PiYo combines strength, stretch & cardio for a calorie torching workout
Cardio-Sculpt- Moderate Impact, High Intensity, a balanced workout of alternating strength & cardio sets designed to keep your heartrate revved up.
Mindful Morning Flow - Low impact, Varied intensity. Yoga done with special attention to each participant creating the best possible outcomes.
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!
Kettlebells- Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.
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 Fusion- 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.
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.
Gentle 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.
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- 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!
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.
S.S. Yoga- Yoga for all levels.