



# September 2018 Group Fitness Schedule

REVISED & Updated 8/29/18

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 or by phone 287-1404

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Studio
6-7am Yoga Challenge (Register Free) Rotation		6-7am Yoga Challenge (Register Free) Jen		6-7am Yoga Challenge (Register Free) Fred		6-7am Yoga Challenge (Register Free) Sara		6-7am Yoga Challenge (Register Free) Patricia			
7:20-8:05am Zumba (All Levels) Mirna		7-7:45am Bosu & Ball (moderate intensity) Jen		7:20-8:05am Zumba (All Levels) Mirna	<b>Starting September 26th</b> <b>9-9:45am</b> <b>Belly Dancing</b> <b>Free for Members</b> <b>Terri Allred</b>	7-7:45am PiYo (moderate intensity) Jen		7:20-8:05am Zumba (All Levels) Mirna		8:00-8:20am Awaken & Energize Virtual	
8:10-8:55am Yoga (Varied Intensity) Sara		8-8:45am Zumba Gold (All Levels) Kim		8:10-8:55am Yoga (Varied Intensity) Sara		8-8:45am Zumba Gold (All Levels) Kim		8:10-8:55am Yin Yoga (Varied Intensity) Sara		8:20-8:45am Hip Hop Fat Burn Virtual	
9:05-9:55am <b>Heart Strong:</b> (all levels) Fred	<b>9-10am</b> <b>SAIL</b> <b>(Catholic Charities,</b> <b>everyone welcome)</b>	9:15-9:45am Gentle Seated Yoga (All Levels) Sara		9:05-9:55am <b>Heart Strong:</b> (all levels) Fred		<b>9-10am</b> <b>SAIL</b> <b>(Catholic Charities,</b> <b>everyone welcome)</b>	9:15-9:45am Gentle Seated Yoga Sara		9:05-9:55am <b>Heart Strong:</b> (All Levels) Fred		9-9:45am ☆ Zumba Rimki, Leslie, or Kim
10-10:30am S.S. Circuit (all levels) Jen	10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:30am S.S. Circuit (all levels) Jen	10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:30am Stretch & Tone (all levels) Kyle	10-10:45am PWR Moves & Circuit Standing Fred (Register)		10-10:15am Advanced Bone Building Virtual
10:45-11:15am Cardio-Drumming (All Levels) Mirna	11-11:30am Billiards Fitness (Billiards room) Sept. 10th only	11-11:30am Tai Chi Avin		10:45-11:15am Cardio-Drumming (All Levels) Mirna				10:45-11:15am Cardio Drumming (all levels) Mirna		1-1:30pm Tone & Shape Virtual	10:30-11am Balance & Breath Virtual
11:30-12:00 Kettlebells (Moderate Intensity) Jen		11:30-12:15pm Tap & Clog Avin		11:30-12pm Cardio Kickboxing (Moderate Intensity) Jen		11:30-12pm Bosu & Ball (All Levels) Jen		<b>Fitness Studio</b> <b>Unavailable</b> <b>11:30am-12pm</b> for Rental Event		1:30-1:45pm Booty Camp Virtual	
		12:15-12:45pm Barre Bliss Avin									3-3:20pm Barre Beginner Virtual
		2-4pm Table Tennis			4:15-5:15pm Boxing&Kickboxing Workshop (all levels) Sept 5th only	2-4pm Table Tennis			5-5:30pm Bootcamp Strength Virtual		
4:30-5pm Shape & Tone Virtual		5-5:30pm ☆ Bodyshred (Moderate-High Intensity) Jen	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	4:30-5pm Abs & Glutes Virtual		4:30-5:15pm Transform Express Virtual	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			4:30-5pm Total Body Virtual ☆	
5:15-6pm ☆ Dance Club (Moderate Intensity) Leslie		5:30-6:15pm ☆ Piyo (moderate-high intensity) Jen	<b>Sept. 25th:</b> <b>Belly Dancing</b> <b>6:30-7:30pm &amp;</b> <b>7:30-8:30pm</b> <b>Beginnner &amp;</b> <b>Intermediate</b> <b>Classes</b> <b>Registration</b> <b>Required</b>	5:15-6pm ☆ Kickboxing (Moderate-High Intensity) Jen	5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia	5:30-6:15pm ☆ <b>Power Tone</b> Sylwia/Jose (Register)		5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia		5-5:30pm Rip 24 Express Virtual ☆	
6-7pm ☆ Cardio-Boxing (High Intensity) Sylwia (Register)		6:20-7:05pm Zumba (Moderate-High Intensity) Mirna				6-7pm Community Zumba (Moderate-High Intensity) Mirna	6:20-7:05pm International Zumba Rimki				

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>Personal Training Available:</b> Stop by the Fitness Desk and learn more about how a Personal Trainer may help you	<b>Fitness Assessments:</b> 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.	<b>Fitness Orientations:</b> Learn how to get the most out of your Fitness Membership. Orientations are free, but limited to four during each year of Membership.
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**Class Descriptions (Check out our Program Guide for more details)**

**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.

**Mat Pilates-** Targeting 60% of heart rate max, for beginners level floor based Pilates class. VIRTUAL CLASS NO INSTRUCTOR

**Sports Core 1-** Functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete. The moves are basic, yet progressive. The choreography is simple and engaging using strategically chosen athletic exercises focusing on cardio, strength, balance and core training.

**Sport 1-** Functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete. The moves are basic, yet progressive. The choreography is simple and engaging using strategically chosen athletic exercises focusing on cardio, strength, balance and core training. VIRTUAL CLASS NO INSTRUCTOR

**Abs & Glutes-** Prepare to torch fat and sculpt a sexy booty and abs! Molly will guide you through this highly effective and easy to follow routine.

**Rip 24 Express-** Get functionally strong as a result of this express version of RIP, the fastest growing, license-free, customizable barbell strength format. Learn how to be efficient and effective in delivering great music, motivating exercises and amazing results as the prime movers are pushed to their limits in 30 minutes.

**Everyday Yoga-** These sequences to help you learn how to strengthen and soften the body at the same time. Preparation is key and these yoga postures, meditations, breathing techniques, visualizations and affirmations, will build physical and emotional strength and flexibility.

**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!

**S. S. 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.