

# September 2018 Senior Friendly Drop-In Fitness

These classes are listed on the primary Sept Schedule too, but are compiled here better showcase 125 LIVE classes that best serve older adults. Schedule is subject to change. Drop-in 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 at 287-1404, or online at [125livemn.org](http://125livemn.org)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Studio	Non-	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio	Non-Studio	Studio
7:20-8:05am Zumba Mirna	7:30-8:15am Pool Aerobics Jose		7:30-8am Pool Aerobics Jose	7:20-8:05am Zumba Mirna	7:30-8:15am Pool Aerobics Jose		7:30-8am Pool Aerobics Jose	7:20-8:05am Zumba Mirna	7:30-8:15am Pool Aerobics Jose	8-8:20am Awaken & Energize Virtual
8:10-8:55am Yoga Sara	9-9:30am Fluid Movement Pool Jose	8-8:45am Zumba Gold Kim		8:10-8:55am Yoga Sara	9-9:30am Fluid Movement Jose	8-8:45am Zumba Gold Kim		8:10-8:55am Yin Yoga Sara		8:20-8:45am Hip Hop Fat Burn Virtual
<b>9:05-9:55am</b> <b>Heart Strong</b> <b>Fred</b>	9-10am SAIL (Catholic Charities, everyone welcome)		9:15-9:45am Gentle Seated Yoga Sara	<b>9:05-9:55am</b> <b>Heart Strong</b> <b>Fred</b>	9-10am SAIL (Catholic Charities, everyone)		9:15-9:45am Gentle Seated Yoga Sara	9:05-9:55am Heart Strong Fred	9-9:30am Splash Jose Pool	<b>9-9:45am</b> <b>Zumba</b> <b>Rimki,</b> <b>Leslie, Kim</b>
10-10:30am S.S. Circuit Jen		10-10:30am Am Aerobics Fred		10-10:30am S.S. Circuit Jen		10-10:30am Am Aerobics Fred		10-10:30am Stretch & Tone Kyle	9:30-10:30am Pool Party Sylwia	
10:45-11:15am Cardio-Drumming Mirna	11:30-12pm Aqua Zumba Mirna	11-11:30am Tai Chi Avin	12-12:45pm Functional Strength Pool Mirna	10:45-11:15am Cardio-Drumming Mirna	11:30-12pm Aqua Zumba Mirna	10:30-11am Tai Chi	12-12:45pm Functional Strength Pool Mirna	10:45-11:15am Cardio Drumming Mirna		
		11:30-12:15pm Tap & Clog Avin	2:00-4:00pm Table Tennis		12-1pm CookBOOK Club (Register)	2:00-4:00pm Table Tennis		 <b>CENTER FOR ACTIVE ADULTS</b>		
		12:15-12:45pm Barre Bliss Avin	4:30-5:30pm SAIL (Catholic Charities,	5:45-6:30pm Vinyasa Flow Yoga Patricia						
5:15-6pm Dance Club Leslie			6:20-7:05pm Zumba Mirna		6-7pm Community Zumba Mirna		4:30-5:30pm SAIL (Catholic Charities,	5:30-6:15pm Vinyasa Flow Yoga Patricia		

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 or 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
<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>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
<b>AM Aerobics-</b> Low to Moderate impact, Varied intensity. Move your body through a gentle, but challenging cardio-dance/wellness class.
<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
<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
<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.

