



November 2018 Group Fitness Schedule

REVISED & Updated 10/25/18

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
6-6:30am Fusion 15 Core Virtual		6-6:30am Fusion 15 Total Body/Virtual		6-6:30am Boot 20 Strength Virtual		6-6:30am Beginner Shred 2 Virtual		6-6:30am Axis 8 Virtual			
6:30-7am Mindful Morning Brent		6:30-7am Mindful Morning Fred		6:30-7am Mindful Morning Brent		6:30-7am Mindful Morning Kyle		6:30-7am Mindful Morning Sara			
7:20-8:05am Zumba (All Levels) Mirna		7-7:45am Bosu & Ball (moderate intensity) Jen		7:20-8:05am Zumba (All Levels) Mirna		7-7:45am PiYo (moderate intensity) Jen		7:20-8:05am Zumba (All Levels) Mirna		8:00-8:30am Cardio Yoga Virtual	
8:10-8:55am Yoga (Varied Intensity)		8-8:45am Zumba Gold (All Levels) Kim		8:10-8:55am Yoga Sara (Varied Intensity)		8-8:45am Zumba Gold (All Levels) Kim		8:10-8:55am Yoga Sara (Varied Intensity)		8:35-9am Yoga Relax & Energize Virtual	
9:05-9:55am Heart Strong: (all levels) Fred	9-10am SAIL (Catholic Charities, everyone welcome)	9-9:30am S.S. Circuit (all levels) Jen	9:15-9:45am Gentle Seated Yoga (All Levels) Sara	9:05-9:55am Heart Strong: (all levels) Fred	9-10am SAIL (Catholic Charities, everyone welcome)	9-9:30am S.S. Circuit (all levels) Jen	9:15-9:45am Gentle Seated Yoga Sara	9:05-9:55am Heart Strong: (All Levels) Fred		9-9:45am ☆ Zumba Rimki, Leslie, or Kim	
10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Jen	10-10:30am Am Aerobics (Moderate Intensity) Fred	10:30-11:00am Cardio Dance for Square Dancers Nov 13th Only	10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Brent	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Kyle		10:00-10:30am Groove Virtual
10:45-11:15am Cardio-Drumming (All Levels) Mirna		11-11:30am Tai Chi Avin		10:45-11:15am Cardio-Drumming (All Levels) Mirna				10:45-11:15am Cardio Drumming (all levels) Mirna		11:30am-12pm Tone & Shape Virtual	10:30-10:50am Dancer Refined Abs Virtual
11:30-12:00pm Kettlebells (Moderate Intensity) Jen		11:30-12:00pm Cardio Sculpt (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		Fitness Studio Unavailable 11:30am-12pm for Rental Event			
		12:15-12:45pm Barre Bliss Avin									
		2-4pm Table Tennis			4:15-5:15pm Boxing & Kickboxing Workshop (all levels) Sept 5th only	2-4pm Table Tennis		5:15-5:45pm Dumbbell HiIT 30 Virtual			
4-5:00pm Bali Booty Shake Virtual	4:15-5:15pm Oct 22 Only Kickboxing Workshop	☆ 4:30-5:30pm SAIL (Catholic Charities, everyone welcome)		4:15-5:00pm Blitz 1 Virtual		4:30-5:15pm Hard Body Virtual	☆ 4:30-5:30pm SAIL (Catholic Charities, everyone welcome)			4:30-5pm Barre Floor Core Virtual	
5:15-6pm ☆ Dance Club (Moderate Intensity) Leslie		☆ 5:15-6:00pm Body Burn Virtual		☆ 5:00-5:45pm Kickboxing (Moderate-High Intensity) Jen		☆ 5:30-6:15pm Power Tone Jose		5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia		5-5:30pm Bollywood Dance ☆ Virtual	
6-7pm ☆ Cardio-Boxing (High Intensity) Sylvia (Register)		6:20-7:05pm Zumba (Moderate-High Intensity) Mirna	6:30-7:15pm Total Body Workout Jose	5:45-6:30pm Vinyasa Flow Yoga (Varied Intensity) Patricia	6-7pm Community Zumba (Moderate-High Intensity) Mirna	6:20-7:05pm International Zumba Rimki	6:30-7:15pm Total Body Workout Jose				

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.
--	---	--

Class Descriptions (Check out our Program Guide for more details)

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

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.

Axis VIRTUAL- Strength training combined with cardio intervals designed to work the entire body. Moderate intensity

BodyShred- Jillian Michaels created this branded workout which consists of rounds 3mins strength, 2mins cardio and 1min core work

Boot VIRTUAL- body weight strength and HiiT workout(high intensity interval training)

Bosu & Ball- Body weight balance, flexibility and strength are the focus of this uniquely fun class. Low impact, moderate intensity

Cardio-Boxing- High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.

Cardio Drumming- Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective

Cardio-Sculpt- Moderate Impact, High Intensity, a balanced workout of alternating strength & cardio sets designed to keep your heartrate revved up.

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.

CookBOOK Club- Creating new recipes from old favorites, with a healthy and tasty twist

Dance Club- Low to Moderate impact, Varied intensity. Aerobic dance class using popular music to motivate you to be active and keep moving.

Everyday Yoga VIRTUAL- 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.

Gentle Seated Yoga- Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.

Heartstrong- Dance, move and lift your way to better healthUsing principals of aerobic and strength classes to give you a complete workout.Moderate impact, low intensity

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.

International Zumba- Classic Zumba dancing set to international music. Exciting, unique songs from many different countries create a fit and fun atmosphere. Moderate impact & intensity

Kettlebells- Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.

Kickboxing- punches & kicks are built into combinations designed to move you in all directions. Building cardio strength and balance are the focus of this class. High/moderate intensity/impact

Mat Pilates VIRTUAL- A great introductory mat workout done entirely on the floor. Focus on core strength and posture. Low impact/moderate intensity

Mindful Morning flow-Yoga done with special attention to each participant creating the best possible outcomes. Low impact/ varied intensity

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.

PIYo LIVE-Yoga & Pilates inspired movements at a fast pace. PIYo combines strength, flexibility and cardio for a calorie torching workout. Low impact, moderate/high intensity

PWR Moves&Circuit- Exercise integrating sports,fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility. Designed with Parkinson's in mind

Power Tone- A strength workout for the entire body using a loaded barbell as resistance. Low impact, moderate/high intensity

SAIL-"Staying active and independent for life" Offered for free by Winona Catholic Charities. Everyone is welcome to join, members and non-members

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.

Sport VIRTUAL- These workouts are designed to work the entire body using short cardio bursts and resistance training

Table Tennis- Three tables will be available in the Fitness Studio for players to participate in open games.

Vinyasa Yoga-Postures flow seamlessly together using the power of your breath. This class offers a variety of poses where no 2 classes are ever alike.

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!