



December 2018 Group Fitness Schedule

REVISED & Updated 11/26/18

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 Axis 2 Virtual		6-6:30am Boot 19 Total Body/Virtual		6-6:20am Dancer Refined Abs Virtual		6-6:30am Beginner Shred 3 Virtual		6-6:30am BeLean Workout Virtual			
6:15-7:00am Mindful Morning Brent		6:30-7am Sun Salutations Virtual		6:15-7:00am Mindful Morning Brent		6:30-7am Barre Floor Workout/Virtual		6:30-7am Daily Yoga Practice Virtual			
7:20-8:05am Zumba (All Levels) Mirna		7-7:45am Bosu & Ball Jen		7:20-8:05am Zumba (All Levels) Mirna		7-7:45am PiYo Jen		7:20-8:05am Zumba (All Levels) Mirna		8:00-8:15am Easy Does It Seated Strength Virtual	
8:10-8:55am Yoga Lindsay (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)		8:15-8:45am Daily Yoga 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		10-10:45am 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	10-10:30am Sit & Be Fit Neuromuscular Coordination Virtual	10:00-10:30am Awake & Energize Virtual
10:45-11:15am Cardio- Drumming (All Levels) Mirna		11-11:30am Mindful Movement Avin		10:45-11:15am Cardio-Drumming (All Levels) Mirna				10:45-11:15am Cardio Drumming (all levels) Mirna		10:30-11am Sit & Be Fit Strong Back&Core 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		11:30-12pm Kettlebells Brent		1-3pm Family Friendly Exercise/Virtual Dec 8th Only	
		12:15-12:45pm Barre Bliss Avin									3-3:40pm Easy Does It Strength Virtual
		2-4pm Table Tennis				2-4pm Table Tennis					
4:30-5pm 4x4 Fat Loss Virtual		5-5:45pm Yoga Lindsay	4:30-5pm Cardio Intervals Virtual	4:30-5pm Upper Body Strength Virtual		4:30-5pm Lower Body Strength Virtual	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	4:45-5:15pm Boot 6 Strength Virtual		4:30-5pm Mat Pilates Virtual	
5:15-6pm Dance Club (Moderate Intensity) Leslie		5:45-6:15pm Kettlebells Brent	4:30-5:30pm SAIL (Catholic Charities, everyone welcome)	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 War 14 MMA/workout Virtual	
6-7pm ☆ Cardio-Boxing (High Intensity) Sylwia (Register)		6:20-7:05pm Zumba (Moderate-High Intensity) Mirna		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					

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: Let our professionals design a workout program just for you! 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.
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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- Core based 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.

Easy Does It VIRTUAL- Short strength and flexibility workouts for those who are new to exercise and prefer light intensity

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

Sit and Be Fit- Light intensity workouts seated in a chair, strength, flexibility, and coordination are the emphasis in these workouts

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

Stretch & Tone- A comprehensive toning workout where each muscle group gets strengthened then stretched. This workout will leave you feeling lengthened and stronger

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

War- Mixed martial arts drills and combinations make for a fun, moderate intensity cardio workout

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!