

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2
6-7am Breath-Core Strength VIRTUAL		6-7am Transform 8 VIRTUAL		6-7am YogaFit Core VIRTUAL		6-7am YogaFit Lower Body VIRTUAL		6-7am Yogafit Warriors VIRTUAL					
7:20-8:05am Zumba Mirna		7-7:45am Bosu & Ball Jen		7:20-8:05am Zumba Mirna	7-7:45am Cycle Jen Meet at Fitness Desk	7-7:45am PiYo Jen		7:20-8:05am Zumba Mirna		7-8am Strength & Meditation VIRTUAL	7-9am Reserved		
8:10-8:55am Yoga Lindsay		8-8:45 Zumba Gold Kim		8:10-8:55am Yoga Sara		8-8:45 Zumba Gold Kim		8:10-8:55am Yoga Sara		8-8:45am Yoga Sunny			
9:05-9:55am Heartstrong Fred	9-10am ◊ SAIL (Staying Active and Independent for Life)	9-9:45am SilverSneakers Classic Jen	9:15-10:00am Gentle Seated Yoga Sunny	9:05-9:55am Heartstrong Fred	9-10am ◊ SAIL (Staying Active and Independent for Life)	9-9:45am SilverSneakers Classic Jen	9:15-10:00am Gentle Seated Yoga Sunny	9:05-9:55am Heartstrong Fred		9-9:45am Zumba Rotation			
10-10:45 ◊ PWRMoves & Circuit Fred/register	10-10:30am Stretch & Tone Jen	10-10:30am AM Aerobics Fred		10-10:45 ◊ PWRMoves & Circuit Fred/register	10-10:30am Stretch & Tone Brent	10-10:30am AM Aerobics Fred		10-10:45 ◊ PWRMoves & Circuit Fred/register	10-10:30am Stretch & Tone Kyle			10-11am Easy Does It VIRTUAL	
10:45-11:20am Cardio Drumming Mirna	10:30-11:15am Cycle Jen	10:45-11:20am Cardio Drumming Mirna	Clog Dancing 11am-12pm Avin	10:45-11:20am Cardio Drumming Mirna	10:30-11:15am Cycle Intervals Brent	10:45-11:20am Cardio Drumming Mirna		10:45-11:20 am Cardio Drumming Mirna	10:30-11:15am Cycle Race Day Brent	10-11am Sit & Be Fit VIRTUAL			
11:30-12pm Kettlebells Jen		11:30-12pm Cardio Sculpt Jen	Ballet Basics 12:15-1pm Avin	11:30-12pm Kickboxing Jen	12-12:30pm Rowing Brent	11:30-12pm Bosu & Ball Jen		11:30-12pm Kettlebells Brent		12:30-1pm Kids & Family Yoga Lindsay Feb 9		1-2pm Cardio / Strength VIRTUAL	
2-2:45pm ◊ PWR Moves & Circuit Brent/register	3:15-4:30pm Studio RESERVED	1:30-3:30pm Table Tennis	3:30-5pm Studio RESERVED	2-2:45pm ◊ PWR Moves & Circuit Brent/register	3:15-4:30pm Studio RESERVED	1:30-3:30pm Table Tennis	3:30-5pm Studio RESERVED	2-2:45pm ◊ PWR Moves & Circuit Brent/register				3-3:30pm Axis 2 VIRTUAL	
5:15-6pm Dance Club Leslie	5-6pm Cycle&Row Brent	5:15-6pm Yoga Sunny	6:15-7pm Zumba Jaime	5-6pm Studio Reserved		5-6pm Studio Reserved	6-7pm Power Tone Brent			5-6pm ◊ Mindfulness & Wine March 16th (register)		4-6pm ◊ Irish Dance Party Avin March 17th	◊ Registration Required
6-7pm ◊ Cardio-Boxing Sylvia register		6-7pm Studio Reserved	7-9pm Studio Reserved		5:45-6:30pm Yoga Lindsay	6:15-7pm International Zumba Rimki	7-9pm Studio Reserved	5:45-6:30pm Yoga Lindsay					◊ Class offered with a 125 LIVE Partner
◊ For class or cancellation information regarding SAIL contact Catholic Charities of Southern Minnesota 507-450-1091		◊ For class or cancellation information regarding Tai Ji Quan contact SE MN Area Agency on Aging 507-288-6944		Wednesdays 6-7pm Community Zumba - River Rooms		By Appointment: Staying STEADI - Falls Prevention Screening FREE for MEMBERS & PUBLIC over the age of 65 years		By Appointment: Fitness Orientation - Only for 125 LIVE Fitness Members, learn to create your own wellness routine. (4 Orientation Maximum)		By Appointment: Personal Training		By Appointment: Fitness Assessments - For members of all ages and fitness levels.	

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.
Cycling- a cardio workout using stationary bicycles for fun and challenging drills such as timed speed bouts, hill climbs and intervals
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
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
Rowing- A total body cardio workout using a rowing machine, rowing involves the upper body, lower body and the core muscles for a comprehensive workout
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. Classic- Varied impact, Varied intensity. Standing, low-impact choreography followed by 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.
Kick Punch Cardio- 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!