

# April Group Fitness Schedule Studios 1 & 2

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 Balanced Yoga Flow VIRTUAL		6-7am Yoga Flow VIRTUAL		6-7am Breath Yoga Core VIRTUAL		6-7am Yoga Basics VIRTUAL		6-7am Yoga & Meditation VIRTUAL					
7:20-8:05am Zumba Mirna		7-7:45am Bosu & Ball Jen		7:20-8:05am Zumba Mirna	7-7:45am Cycle Jen Fitness Desk	7-7:45am PiYo Jen		7:20-8:05am Zumba Mirna			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	9:30-10:15am 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	9:30-10:15am 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	10-10:45am Kid's ◊ Boxing Raphael		10-11am Sit & Be Fit VIRTUAL	
10:45-11:30 am Cardio Drumming Mirna		10:45-11:30am Cardio Drumming Mirna	Clogging 11am-12pm Avin (River Room)	10:45-11:30 am Cardio Drumming Mirna		10:45-11:30am Cardio Drumming Mirna		10:45-11:30 am Cardio Drumming Olga		11-11:45 ◊ Kid's Boxing Raphael			
11:35-12:20pm Kettlebells Jen		11:35-12:20pm Cardio Sculpt Jen	Ballet Basics 12:15-1pm Avin (register)	11:35-12:20pm Kickboxing Jen	12:15-1pm Rowing Brent	11:35-12:20pm Bosu & Ball Jen		11:35-12:20pm Kettlebells Brent		12:30-1pm Kids & Family Yoga Lindsay <b>April 13</b>		1-1:45pm Boot 6 VIRTUAL	
12:25-1:10pm Dance & Drum Mirna	3:15-4:30pm Studio RESERVED	1:30-3:30pm Table Tennis	3:30-5pm Studio RESERVED		3:15-4:30pm Studio RESERVED	1:30-3:30pm Table Tennis	3:30-5pm Studio RESERVED	12:25-1:10pm Dance & Drum Mirna				3-3:30pm Yoga Strength VIRTUAL	
5:15-6pm Dance Club Leslie	5-6pm Cycle&Row Brent	5:15-6pm Yoga Sunny	5-5:45pm Golf Swing Training Fred (register)	5-6pm Studio Reserved		5-6pm Studio Reserved	5:15-6pm Zumba Stephanie		5-5:45pm Golf Swing Training Fred (register)	5-6pm ◊ Zumba & Margaritas April 20 (register)			◊ Registration Required
6-7pm ◊ Cardio-Boxing Sylwia (register)		6-7pm Studio Reserved	6:15-7pm Zumba Mirna	◊ 6-7pm Boxing Raphael (register)	5:45-6:30pm Yoga Lindsay	6-7pm Power Tone Brent	7-9pm Studio Reserved	5:45-6:30pm Yoga Lindsay					◻ Class offered with a 125 LIVE Partner
				◊ 7-8pm Boxing Raphael (register)									
1-1:45pm & 4-4:45pm Member & Me Cardio Drumming April 5th only		1-1:45pm & 4-4:45pm Member & Me Cardio Drumming April 29th only		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.	

All classes start on time. After class, we encourage members to visit with each other in the lounge areas outside of the studios. Members may arrive up to 5 minutes late, after that there will be no admittance.

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

<b>Abs &amp; Glutes VIRTUAL-</b> Prepare to torch fat and sculpt a sexy booty and abs! Molly will guide you through this highly effective and easy to follow routine.
<b>AM Aerobics-</b> 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.
<b>Axis VIRTUAL-</b> Core based Strength training combined with cardio intervals designed to work the entire body. Moderate intensity
<b>BodyShred-</b> Jillian Michaels created this branded workout which consists of rounds 3mins strength, 2mins cardio and 1min core work
<b>Boot VIRTUAL-</b> body weight strength and HiiT workout( high intensity interval training)
<b>Bosu &amp; Ball-</b> Body weight balance, flexibility and strength are the focus of this uniquely fun class. Low impact, moderate intensity
<b>Cardio-Boxing-</b> High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
<b>Cardio Drumming-</b> Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
<b>Cardio-Sculpt-</b> Moderate Impact, High Intensity, a balanced workout of alternating strength & cardio sets designed to keep your heartrate revved up.
<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>Cycling-</b> a cardio workout using stationary bicycles for fun and challenging drills such as timed speed bouts, hill climbs and intervals
<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>Easy Does It VIRTUAL- Short strength and flexibility workouts for those who are new to exercise and prefer light intensity</b>
<b>Everyday Yoga VIRTUAL-</b> 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.
<b>Gentle Seated Yoga-</b> Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
<b>Heartstrong-</b> 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
<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
<b>International Zumba-</b> Classic Zumba dancing set to international music. Exciting, unique songs from many different countries create a fit and fun atmosphere. Moderate impact & intensity
<b>Kettlebells-</b> Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.
<b>Kickboxing-</b> 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
<b>Mat Pilates VIRTUAL-</b> A great introductory mat workout done entirely on the floor. Focus on core strength and posture. Low impact/moderate intensity
<b>Mindful Morning flow-</b> Yoga done with special attention to each participant creating the best possible outcomes. Low impact/ varied intensity
<b>Pilates Fusion-</b> 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.
<b>PIYo LIVE-</b> Yoga & Pilates inspired movements at a fast pace. PiYo combines strength, flexibility and cardio for a calorie torching workout. Low impact, moderate/high intensity
<b>PWR Moves&amp;Circuit-</b> Exercise integrating sports,fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility. Designed with Parkinson's in mind
<b>Power Tone-</b> A strength workout for the entire body using a loaded barbell as resistance. Low impact, moderate/high intensity
<b>Rowing-</b> A total body cardio workout using a rowing machine, rowing involves the upper body, lower body and the core muscles for a comprehensive workout
<b>Sit and Be Fit-</b> Light intensity workouts seated in a chair, strength, flexibility, and coordination are the emphasis in these workouts
<b>SAIL-</b> "Staying active and independent for life" Offered for free by Winona Catholic Charities. Everyone is welcome to join, members and non-members
<b>S. S. Classic-</b> Varied impact, Varied intensity. Standing, low-impact choreography followed by strength work with hand-held weights, elastic tubing with handles and a ball.
<b>Sport VIRTUAL-</b> These workouts are designed to work the entire body using short cardio bursts and resistance training
<b>Stretch &amp; Tone-</b> A comprehensive toning workout where each muscle group gets strengthened then stretched. This workout will leave you feeling lengthened and stronger
<b>Table Tennis-</b> Three tables will be available in the Fitness Studio for players to participate in open games.
<b>Kick Punch Cardio-</b> Mixed martial arts drills and combinations make for a fun, moderate intensity cardio workout
<b>Vinyasa Yoga-</b> Postures flow seamlessly together using the power of your breath. This class offers a variety of poses where no 2 classes are ever alike.
<b>Yoga-</b> Low impact, Varied intensity. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.
<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!