

Sept/Oct Group Fitness Schedule 2020

Monday				Tuesday				Wednesday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Fitness Barre	Upper Lot	Katy	7-7:45am	Strength	Lower Lot	Jose	7-7:45am	Fitness Barre	Upper Lot	Katy
7-7:45am	Aqua Strength	Pool	Jose	7-7:45am	Aqua Zumba	Pool	Jessica	7-7:45am	Aqua Aerobics	Pool	Jose
8-8:45am	Zumba	Lower Lot	Mirna	8-8:45am	Zumba Gold	Lower Lot	Kim	8-8:45am	Zumba	Lower Lot	Mirna
8-8:45am	Yoga	Studio 1	Sunny	8-8:45am	Vinyasa Yoga	Studio 1	Sunny	8-8:45am	Yoga	Studio 1	Max
9-9:45am	HeartStrong	Studio 1	Fred	9-9:45am	Chair Yoga	Boxing Studio	Sunny	9-9:45am	HeartStrong	Studio 1	Fred
9-9:45am	Aqua Yoga	Pool	Sunny	9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Cardio Drum	Lower Lot	Mirna
9-9:45am	Cardio Drum	Lower Lot	Mirna	9-9:45am	CardioDrum	Lower Lot	Mirna	9-9:45am	Stretch & Tone	Boxing Studio	Joyce
10-10:45am	PWR	Boxing Studio	Fred	10-10:45am	Line Dancing	Lower Lot	Rhoda	10-10:45am	CardioDrum	Studio 1	Mirna
10-10:45am	Cardio Drum	Studio 1	Mirna	10-10:45am	Cardio Drum	Studio 1	Mirna	10-10:45am	PWR	Boxing Studio	Fred
11-11:45am	Aqua Zumba	Pool	Mirna	10-11am	Bike with Mike	City Trails	Mike Wojcik	12-12:45pm	Aqua Fit	Pool	Avin
3-3.45pm	RockSteady Boxing	Boxing Studio	Ken	4:30-5:30pm	Tai Chi	Upper Lot	Patrick	1.30-2.30pm	Dance Party	Studio 1	Avin
4:30-5:30pm	Urban Yoga	Studio 1	Corinne	5-5:45pm	Yoga	Upper Lot	Max	5-5:45p	Urban Yin Yoga	Upper Lot	Joyce
5-6pm	Cycle	Cycle Studio	Brent	5:30--6:15pm	Boxing 101	Boxing Studio	Raphael	5:30-6pm	Kettlebells	Boxing Studio	Sylwia
5:30-6:30pm	Strong Nation	Studio 1	Megan	5:30-6pm	Strength	Lower Lot	Katie	6-7pm	Zumba	Upper Lot	Mirna
6-7pm	CardioBoxing	Boxing Studio	Sylwia	6-6:45pm	Cardio Drumming	Lower Lot	Katie	6-7p	Boxing Fit	Boxing Studio	Raphael
								6-6:30p	90's Rave Cycle	Studio 2	Sylwia
Thursday				Friday				Saturday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Strength	Lower Lot	Jose	7-7:45am	Fitness Barre	Upper Lot	Katy	8-8:45am	Yoga	Studio 1	Rotation
7-7:45am	Aqua Yoga	Pool	Sunny	8-8:45am	Zumba	Lower Lot	Mirna	9-9:45am	Zumba	Lower Lot	Rotation
8-8:45am	Zumba Gold	Lower Lot	Kim	8-8:45am	Yoga	Upper Lot	Max	9-9:45am	Strength	Studio 1	Brent
8-8:45am	Vinyasa Yoga	Studio 1	Sunny	9-9:45am	Cardio Drum	Lower Lot	Mirna	10-10:45am	Rock Steady Boxing	Boxing Studio	Raphael
9-9:45am	Chair Yoga	Boxing Studio	Sunny	9-9:45am	HeartStrong	Studio 1	Fred	10-10:45am	Aqua Fit	Pool	Brent
9-9:45am	Strength 101	Studio 1	Olga	10-10:45am	Cardio Drum	Studio 1	Mirna				
9-9:45am	CardioDrum	Lower Lot	Mirna	10-10:45am	PWR	Boxing Studio	Fred	Due to COVID-19 preparedness protocols, all boxers must bring their own gloves. All CardioDrummers must use their own sticks. Sticks are available at Member Services Desk for purchase. Zoom starts at 8am M-F and continues until 10:45. Join in for 8, 9, or 10am class from Studio 1.			
10-10:45am	Line Dancing	Lower Lot	Rhoda	11:45-12:30pm	Aqua Zumba	Pool	Mirna				
10-10:45am	Cardio Drum	Studio 1	Mirna	3-3.45pm	RockSteady Boxing	Boxing Studio	Ken				
11-11:45am	Functional Strength	Pool	Mirna	6-6:45 pm	Aqua HiIT	Pool	Brent				
5:30-6:15pm	Rock Steady Boxing	Boxing Studio	Raphael	All outdoor classes will be held indoors during inclement weather. Check in at the front desk for location details.							
5-5:45	Cycle HiIT	Cycle Studio	Brent								
5:30-6:30pm	Strong Nation	Lower Lot	Jessica								
6-7pm	Power Tone	Studio 1	Brent					Join A Zoom Meeting https://zoom.us/join 8 AM Class Link Here: For members only 884 1696 3206 Password: 125 Enter meeting id and password			

Pool Schedule Sept. & Oct.



Pool schedule subject to change. Warm Water Pool Swim at your own risk.

8/25/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:45 Open Pool	5:30-6:45 Open Swim	5:30-6:45am Open Pool	5:30-7am Open Pool	5:30-8:45am Open Pool	7-9:45am Open Pool	10AM-2:45PM Open Pool
7-7:45am Aqua Strength Jose	7-7:45am Aqua Zumba Jessica	7-7:45am Aqua Aerobics Jose	7-7:45am Aqua Yoga Sunny	9-9:45am Volleyball		
7:45-9 Open Pool	7:45-9:45 Open Pool	7:45-10:15 Open Pool	7:45-11am Open Pool	9:45-10:30 Open Pool	10-10:45am Aqua Fit Brent	
9-9:45am Aqua Yoga	9:45-10:45am POOL CLOSED Rec Center Activity	10:15-11:45am POOL CLOSED Rec Center Activity		10:30 11:30am POOL CLOSED Rec Center Activity	11-12pm Volleyball	
9:45-11 Open Pool	11-11:45am Volleyball	12-12:45pm Aqua Fit Avin	11-11:45am Functional Strength Mirna	11:45-12:30pm Aqua Zumba Mirna	12-5:45pm Open Pool	
11-11:45am Aqua Zumba Mirna	11:45-3:45pm Open Pool	12:45-3:45pm Open Pool	1:30-2:30pm POOL CLOSED Rec Center Activity	12-5:45pm Open Pool		
11:45-3:45pm Open Pool			2:30pm-3:45pm Open Pool			
The Rochester Recreation Center part of the Rochester Department of Parks and Recreation supervises all scheduling and maintenance in the pools.				6-6:45pm Aqua HiIT Brent		

Everyone must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules.

All participants are required to be out of the Pool, Locker Room and entire Facility prior to closing.

50-Meter Lap Pool: No one may occupy the 50-Meter Pool without a Monitor/Life Guard present **Shallow Lanes ONLY**

Monday	Tuesday	Wednesday	Thursday	Friday	A pool monitor or life guard is required for 50-meter pool access, 125 LIVE is providing a Montior to be onsite, please refrain from entering the water if the Monitor isn't present.
7-9am 50-Meter Pool Swim	7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Swim	7-9am 50-Meter Pool Lap Swim	

Members are encouraged to reserve their spot daily in the pool by calling 507-287-1404, drop-ins are welcome in the pool only if the pool is under the maximum capacity of 20 people.
(The Stay Safe MN Executive Order maximum pool capacity for the warm water pool is approximately 84 people, 50% the Fire Code Maximum Capacity of 168 people. 125 LIVE's maximum of 20 is related to the safety of our members)