

Zoom Fitness

MON			TUE			WED		
Time	Class	Trainer	Time	Class	Trainer	Time	Class	Trainer
7-7:45am	Fitness Barre <i>high intensity</i>	Katy	7-7:45am	Upper Body <i>high intensity</i>	Katy	7-7:45am	Strength NRG <i>high intensity</i>	Katy
8-8:45am	Yoga <i>all levels</i>	Sunny	8-8:45am	Zumba Gold <i>AOA</i>	Kim	8-8:45a	Yoga <i>all levels</i>	Max
9-9:45am	Zumba <i>all levels</i>	Mirna	9-9:45am	Strength 101 <i>AOA</i>	Olga	9-9:45am	Zumba <i>all levels</i>	Mirna
10-10:45am	Cardio Drumming <i>AOA</i>	Mirna	10-10:45am	Chair Assist Yoga <i>AOA</i>	Sunny	10-10:45am	Seated Strength <i>AOA</i>	Mirna
6-7pm	Strong Nation <i>high intensity</i>	Megan	6-7pm	Cardio Drumming <i>AOA</i>	Katie	6-7pm	Zumba <i>high intensity</i>	Mirna
THUR			FRI			SAT		
Time	Class	Trainer	Time	Class	Trainer	Time	Class	Trainer
7-7:45am	Lower body <i>high intensity</i>	Katy	7-7:45am	Fitness Barre <i>high intensity</i>	Katy	8-8:45am	Yoga <i>all levels</i>	Corinne
8-8:45am	Zumba Gold <i>AOA</i>	Kim	8-8:45am	Zumba <i>all levels</i>	Mirna	9-9:45am	Zumba <i>all levels</i>	Rotation
9-9:45am	Strength 101 <i>AOA</i>	Olga	9-9:45am	Yoga <i>all levels</i>	Sunny	10-10:45am	Strength <i>high intensity</i>	Brent
10-10:45am	Everyday Balance <i>AOA</i>	Sunny	10-10:45am	Cardio Drumming <i>AOA</i>	Mirna			
6-7pm	Power Tone <i>high intensity</i>	Brent	6-7pm	Zumba <i>high intensity</i>	Jess			

Medical Wellness Workouts					
Mon/Wed/Fri Zoom			Tues/Thur Zoom		
Time	Class	Trainer	Time	Class	Trainer
11am	Cancer Survivor Fitness	Jen	2pm	Yoga for MS	Joyce

Watch our 125 LIVE You Tube channel for more medical wellness exercise Programs. Rock Steady boxing, PWR! For Parkinson's, yoga for MS, and Cancer Survivor Fitness.

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at info@125livemn.org to record your attendance