



Jan-March Group Fitness Schedule 2021 updated 2/17/2021

Monday				Tuesday				Wednesday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Fitness Barre *	Studio 1	Katy	7-7:45am	Upper Body Strength *	Studio 1	Katy	7-7:45am	Strength NRG *	Studio 1	Katy
7&7:40am	Aqua Strength	Pool	Jose	7&7:40am	Aqua Zumba	Pool	Jessica	7&7:40am	Aqua Aerobics	Pool	Jose
8-8:45am	Zumba *	RR	Mirna	8-8:45am	Zumba Gold *	RR	Dawn	8-8:45am	Zumba	RR	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 *	RR	Fred	9-9:45am	Chair Assisted Yoga *	RR	Sunny	9-9:45am	HeartStrong *	RR	Fred
10-10:45am	Cardio Drum *	RR	Mirna	9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Stretch & Tone	Studio 1	Joyce
10:15-11am	PWR	Studio 1	Olga	10-10:45am	Rock Steady Boxing	Boxing	Ken	10-10:45am	Cardio Drum *	RR	Mirna
11&11:40am	Aqua Zumba	Pool	Mirna	10-10:45am	BMW Basic Mobility Workout *	Studio 1	Fred	10:15-11am	PWR	Studio 1	Olga
11-11:45am	Cancer Survivor Fitness	Studio 1	Jen	12-12:45pm	Cardio Drum	RR	Mirna	11-11:45am	Cancer Survivor Fitness	Studio 1	Jen
12:30-1:15pm	Seated Cardio Drum	RR	Mirna	1-1:45pm	Seated Strength	RR	Mirna	12&12:40pm	Aqua Fit	Pool	Avin
5-5:45pm	Hatha Yoga	RR	Corinne	2-2:45pm	Yoga for MS	RR	Joyce	12:30-1:15pm	Seated Cardio Drum	RR	Mirna
5-5:45pm	Cycle	Cycle	Brent	5-5:45pm	Yoga	RR	Max	1.30-2.30pm	Dance Party	Studio 1	Avin
5:30-6:30pm	Zumba	Studio 1	Megan	5:30-6:15pm	Boxing 101	Boxing	Raphael	5-5:45pm	Hatha Yoga	RR	Joyce
6-7pm	Cardio Boxing	Boxing	Sylwia	6-6:45pm	Cardio Drum	RR	Katie	5:30-6pm	Kettlebells	Boxing	Sylwia
8-8:45pm	Aqua Zumba	Pool	Megan	6-6:45pm	Cycle	Cycle	Brent	6:15-7pm	Zumba	RR	Mirna
								6-7pm	Boxing Fit	Boxing	Raphael
								6:05-6:45p	90's Rave Cycle	Cycle	Sylwia
Thursday				Friday				Saturday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Lower Body Strength *	Studio 1	Katy	7-7:45am	Fitness Barre *	Studio 1	Katy	8-8:45am	Yoga *	Studio 1	Rotation
7&7:40am	Aqua Zumba	Pool	Jess	8-8:45am	Zumba *	RR	Mirna	8-8:45am	Yoga *	Studio 1	Rotation
8-8:45am	Zumba Gold *	RR	Dawn	8-8:45am	Yoga	Studio 1	Max	9-9:45am	Zumba	RR	Rotation
8-8:45am	Yoga	Studio 1	Sunny	9-9:45am	Heart Strong *	RR	Fred	9-9:45am	Strength *	Studio 1	Brent
9-9:45am	Chair Assisted Yoga *	RR	Sunny	10-10:45am	Cardio Drum *	RR	Mirna	10-10:45am	Boxing	Boxing	Raphael
9-9:45am	Strength 101	Studio 1	Olga	10:15-11am	PWR	Studio 1	Olga	10&10:40am	Aqua Fit	Pool	Brent
10-10:45am	Rock Steady Boxing	Boxing	Ken	11-11:45am	Cancer Survivor Fitness	Studio 1	Jen	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 7 am M-F and continues until 10:45. Join in anytime!			
10-10:45am	Everyday Balance *	Studio 1	Sunny	11:45pm	Aqua Zumba	Pool	Mirna				
11&11:40am	Functional Strength	Pool	Mirna	1-1:45pm	Cardio Drum	RR	Mirna	Pool classes will be signup only with a max of 25 participants. Sign up no more than 24 hours ahead of time. In order to accommodate as many members as possible, there will be 2 sessions of select classes with each being 30 min in length.			
12:30-1:15pm	Cardio Drum	RR	Mirna	2-2:45pm	Seated Dance	Studio 1	Mirna				
2-2:45pm	Yoga for MS	RR	Joyce	6&6:40pm	Aqua HiiT	Pool	Brent	To best serve members safely fitness classes are first come first served. Once classes are full, members will be encouraged to participate in redirected 125 LIVE fitness activities, such as onsite virtual class or small group fitness classes with other instructors. Select classes will feature additional staff that will provide services for members attending class that exceed occupancy requirements.			
4:30-5:30pm	Tai Chi	Cycle	Patrick	https://zoom.us/join							
5:30-6pm	Cycle HiiT	Cycle	Brent	* 7 AM Class Link Here:							
5:30-6:30pm	Zumba	RR	Robin	For members only							
6-7pm	Power Tone	Studio 1	Brent	884 1696 3206 Password: 125LIVE							
8-8:45pm	Aqua Zumba	Pool	Katie	Enter meeting id and password							

Aqua Fit- Using the resistance of water along with various pool equipment this workout will increase cardio capacity and help to build strength all while keeping your joints safe and healthy.
Aqua Hiit- Intervals of high and low intensity using the resistance of the water help to build stamina and increase cardio capacity in a safe low impact workout
Aqua Strength- Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone
Aqua Yoga- Gentle yoga stretches and range of motion movements help to increase joint flexibility and release muscle tension
Aqua Zumba- Dance your way to a healthier you. Zumba in the water is excellent for increasing agility and cardio capacity while being easy on the joints
Pool Party- social time in a fun environment where you can talk and make friends. Play fun games including volleyball with your host, enjoy a beverage afterwards.
Dance Party- Low to Moderate impact, Varied intensity. Explore different styles of dance with classic and popular music to motivate you to be active and keep moving.
Zumba- A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility
Zumba Gold- A lower impact, joint friendly dance workout where routines are perfected to some of your favorite songs
Cancer Survivor Fitness- More than just a workout this group is supportive and dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries, a gentle mix of strength and cardio circuits with an enhanced stretch and relaxation phase near the end of the class.
Cardio Drum- Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
Cardio Drum (Seated)- All of the same fun components of cardio drumming done from a seated position
HeartStrong- Dance, move and lift your way to better health. A perfect mix of strength and cardio combine to give you a great workout, low impact moderate intensity
PWR- Parkinson's Wellness Recovery- exercise integrating sports fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility, designed with Parkinson's in mind
Everyday Balance- work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises
Seated Strength- modified strength training made for beginning exercisers and those needing extra support
Ballet Barre- sculpt your body using traditional ballet movements and perfect posture while listening to classical music
BMWBasicMobilityWorkout-
Fitness Barre- a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions
Strength 101- beginner friendly and suited for the regular exerciser, this class is designed to build strength by using various resistance tools including dumbbells, bands, balls and even your own body
Strength- traditional strength exercises such as squats, presses, curls combine to create a total body muscle building workout using various resistance tools including dumbbells, bands, balls and body weight
Strong Nation- Body weight, muscle conditioning, cardio and plyometrics set to music create this high intensity workout
Kettlebells- Low impact high intensity strength training using a kettlebell as your resistance tool
Boxing 101- This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
Boxing Fit- Building on the basics, this class continues to work on boxing technique while delivering a higher intensity workout
Cardio Boxing- Choreographed boxing, high intensity interval training and core work make this class a fun and challenging experience
Rock Steady Boxing- Evidence based wellness program for individuals with Parkinson's Disease or other neurological conditions, this class is done with a boxing theme, incorporating weightlifting and stretching
Yoga- enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques
Hatha Yoga- Focus on breath and awareness of body, movement through a series of standing and seated floor poses at a gentle pace improving balance, strength, and flexibility
Chair Assisted Yoga- traditional yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility
Yoga for MS- classic yoga poses adapted for real people, the wall, blocks, a chair, or straps may be used to develop breath, balance, strength, flexibility and agility
Tai Chi- gentle flowing movements that are amazing for balance, strength and endurance
Cycle- an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heart rate soaring, choose between an upright or recumbent bike to suit your body
Cycle Hiit- A cardio workout using the stationary bikes for fun challenging drills such as timed speed bouts, hill climbs and intervals