

# July/August Group Fitness Schedule 2021

updated 6/24/2021

Monday				Tuesday				Wednesday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
6-6:45am	Cycle	Studio 2	Megan	7-7:45am	Upper Body Strength	Outdoors (S1)	Katy	7-7:45am	Strength NRG	Outdoors (S1)	Katy
7-7:45am	Fitness Barre	Outdoors (S1)	Katy	7-7:45am	Aqua Zumba	Pool	Jessica	7-7:45am	Aqua Aerobics	Pool	Jess
7-7:45am	Aqua Strength	Pool	Megan	8-8:45am	Zumba Gold	Studio 1	Dawn	8-8:45am	Zumba	Outdoors (S1)	Mirna
8-8:45am	Zumba	Outdoors (S1)	Mirna	8-8:45am	Yoga	Cedar	Sunny	8-8:45am	Yoga	Outdoors (C )	Max
9-9:45am	Tai Chi Chih	Cedar	Yuko	9-9:45am	Chair Assisted Yoga	Cedar / Zoom	Sunny	9-9:45am	HeartStrong	RR / Zoom	Fred
9-9:45am	HeartStrong	RR / Zoom	Fred	9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Stretch & Tone Yoga	Cedar	Joyce
10-10:45am	Cardio Drum	RR	Mirna	10-10:45am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	RR	Mirna
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	Rock Steady Boxing	Boxing	Ken	10-11am	Tai Chi Chih	Cedar	Yuko
10:15-11am	PWR	Boxing	Olga	10-10:45am	Everyday Balance	Studio 1	Fred	10:15-11am	PWR	Studio 2	Olga
11:30-12:15pm	Aqua Zumba	Pool	Mirna	10-10:45am	Walking Club	Outside	Members	11-11:45am	C. Survivor Fitness	Studio 1	Jen
11-11:45am	C. Survivor Fitness	Studio 1	Jen	12-12:45pm	Cardio Drum	Studio 1	Mirna	12:30-1:15pm	Aqua Fit	Pool	Avin
12:30-1:15pm	Cardio Drum	RR	Mirna	12:15-3pm	Barn/Square Dance	River Room	Rotation	1:30-2:30pm	Dance Party	Studio 1	Avin
1:30-2:15pm	Seated Strength	Studio 1	Mirna	5-5:45pm	Yoga	Outdoors (C )	Max	5-5:45pm	Yoga	Studio 2	Joyce
5-5:45pm	Cycle	Studio 2	Brent	5:30-6:15pm	Zumba	Studio 1	Robin	5:30-6pm	Kettlebells	Cedar	Sylwia
6-6:30pm	Rowing	Studio 2	Brent	5:30-6:15pm	Boxing 101	Boxing	Raphael	6:15-7pm	Zumba	RR	Mirna
5:30-6:30pm	Zumba	Studio 1	Katie	6-7pm	Workout in the Park	Cascade Lake	Rotation	6-7pm	Boxing Fit	Boxing	Raphael
6-7pm	HiiT & Bag	Boxing	Sylwia	6-7pm	Cycle & Rowing	Studio 2	Kevin	6:05-6:45pm	Power Tone	Studio 1	Sylwia
8-8:45pm	Aqua Zumba	Pool	Katie								
Thursday				Friday				Saturday			
Time	Class	Location	Trainer	Time	Class	Location	Trainer	Time	Class	Location	Trainer
7-7:45am	Lower Body Strength	Outdoors (S1)	Katy	6-6:45am	Cycle	Studio 2	Megan M	8-8:45am	Zumba	Outdoors (S1)	Rotation
7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Fitness Barre	Outdoors (S1)	Katy	9-9:45am	Strength	Studio 1	Rotation
8-8:45am	Zumba Gold	Studio 1	Dawn	8-8:45am	Zumba	Outdoors (S1)	Mirna	10-10:45am	Yoga	Outdoors (C )	Rotation
9-9:45am	Chair Assisted Yoga	Cedar / Zoom	Sunny	8-8:45am	Yoga	Outdoors (C )	Max	10-10:45am	Boxing	Boxing	Raphael
9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Heart Strong	Studio 1 / Zoom	Fred	10-10:45am	Aqua Fit	Pool	Rotation
10-10:45am	Aqua Aerobics	Pool	Dorothy	9:15-10:15am	Cycle Club	Outdoors	Mike	<b>Sunday</b>			
10-10:45am	Everyday Balance	Cedar	Sunny	10-10:45am	Cardio Drum	Outdoors (S1)	Mirna				
10-10:30am	Rowing	Studio 2	Kevin	10:15-11am	PWR	Studio 2	Olga	10:30-11:15am	Aqua Fit	Pool	Brent
10-10:45am	Rock Steady Boxing	Boxing	Ken	12-12:45am	C. Survivor Fitness	Studio 1	Jen	12-12:45pm	Rowing	Studio 2	Brent
10-10:45am	Walking Club	Outside	Members	11:30-12:15pm	Aqua Zumba	Pool	Mirna	1-1:45pm	Strength	Studio 1	Brent
11-11:45am	Functional Strength	Pool	Mirna	1-1:45pm	Cardio Drum	Studio 1	Mirna	"Stay Safe MN" Executive Orders have been rescinded and 125 LIVE programs, classes and activities will be under new rules regarding maximum occupancy. For more information please contact Operations Director through <a href="mailto:info@125livemn.org">info@125livemn.org</a>			
12:30-1:15pm	Cardio Drum	Studio 1	Mirna	2-2:45pm	Seated Strength	Studio 1	Mirna				
4:30-5:30pm	Tai Chi	Outdoors (C )	Patrick	4:30-5:30pm	Strong Nation	Studio 1	Jess/Robin				
5-5:30pm	Rowing	Studio 2	Brent	5:30-6:15pm	Aqua Aerobics	SilverLake Pool	Brent				
5:30-6pm	Cycle Intervals	Studio 2	Brent	*** 125 LIVE is collaborating with the City of Rochester to provide a variety of fun outdoor programs, including Cascade Lake on Tues, Silver Lake Pool on Fri and Farmer's Market most Saturdays.							
6:15-7pm	Strength	Studio 1	Brent								
8-8:45pm	Aqua Zumba	Pool	Katie								



When the weather is appropriate instructors may move class locations to outside of 125 LIVE to the surrounding spaces. Please note that outdoor classes will be offered inside during inclement weather (rain, wind or extreme heat). Instructors will provide the final say on the location of each class and update the staff at Membership Services. Classes scheduled for indoors may take "field trips" outside, signs will be posted with any additional location changes. Classes being hosted on Zoom may be registered for by Fitness Members via the Membership Services Desk 507-287-1404.

(C) Cedar Room (S) Silver Lake Pool (S1) Studio 1

<b>Aqua Fit-</b> 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.
<b>Aqua HiiT-</b> 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
<b>Aqua Strength-</b> Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone
<b>Aqua Zumba-</b> 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
<b>Pool Party-</b> 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.
<b>Walking Club-</b> A member led walking based workout full of twists, turns, turns, lunges and lifts. This group meets outside in good weather and inside if not.
<b>Dance Party-</b> 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.
<b>Zumba-</b> A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility
<b>Zumba Gold-</b> A lower impact, joint friendly dance workout where routines are perfected to some of your favorite songs
<b>Cancer Survivor Fitness (C. Survivor)-</b> 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.
<b>Cardio Drum-</b> Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
<b>HeartStrong-</b> 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
<b>PWR- Parkinson's Wellness Recovery-</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>Everyday Balance-</b> work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises
<b>Functional Flexibility-</b> a strength and flexibility workout designed to improve activities of daily living and increase natural range of motion, some work may be done on the floor
<b>Seated Strength-</b> modified strength training made for beginning exercisers and those needing extra support
<b>Ballet Barre-</b> sculpt your body using traditional ballet movements and perfect posture while listening to classical music
<b>Body weight strength-</b> a strength workout using your own body for resistance, standing and floor work included
<b>Fitness Barre-</b> a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions
<b>Strength 101-</b> 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
<b>Strength NRG-</b> total body workout using fitness balls, weights, bands and body weight as resistance. This workout includes standing and floor work
<b>Strength-</b> 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
<b>Strong Nation-</b> Body weight, muscle conditioning, cardio and plyometrics set to music create this high intensity workout
<b>Kettlebells-</b> Low impact high intensity strength training using a kettlebell as your resistance tool
<b>Boxing 101-</b> This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
<b>Boxing Fit-</b> Building on the basics, this class continues to work on boxing technique while delivering a higher intensity workout
<b>HiiT&amp; Bag-</b> Sylwia's signature workout featuring an intense strength and cardio circuit as well as contact work on the boxing bags
<b>Rock Steady Boxing-</b> 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
<b>Yoga-</b> enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques
<b>Chair Assisted Yoga-</b> traditional yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility
<b>Tai Chi Chih-</b> gently flowing moving meditation to help with pain management and daily stress reduction
<b>Tai Chi-</b> gentle flowing movements that are amazing for balance, strength and endurance
<b>Rowing-</b> Low impact, varied intensity, exercise using rowing machines for a total body workout
<b>Cycle &amp; Row-</b> Low impact varied intensity cardio workout where half your time is spent rowing and half on the bike
<b>Cycle-</b> 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
<b>Cycle Intervals-</b> A cardio workout using the stationary bikes for fun challenging drills such as timed speed bouts, hill climbs and intervals