

125 LIVE September/ October/ November 2021 Fitness Schedule (9/3/2021 update)

Monday				Tuesday				Wednesday			
6-6:45am	Cycle	Studio 2	Megan	6:15-7am	Upper Body Strength	Studio 1	Katy	7-7:45am	Strength NRG	Studio 1	Katy
7-7:45am	Fitness Barre	Studio 1	Katy	7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Aqua Aerobics	Pool	Jess
7-7:45am	Aqua Strength	Pool	Megan	8-8:45am	Zumba Gold	Studio 1	Dawn	7:30-8:15am	Yoga	Cedar	Max
8-8:45am	Zumba	Studio 1	Mirna	8-8:45am	Kettlebells & HIIT	Boxing	Fred/Jason	8-8:45am	Zumba	Studio 1	Mirna
9-9:45am	Tai Chi Chih "II"	Cedar	Yuko	9-9:45am	Chair Assisted Yoga	Cedar	Sunny	9-9:45am	HeartStrong	River R.	Fred
9-9:45am	HeartStrong	River R.	Fred	9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Stretch&Tone Yoga	Cedar	Joyce
9-9:45am	Aqua-Mix	Pool	Dawn	10-10:45am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	RR	Mirna
10-10:45am	Cardio Drum	RR	Dawn	10-10:45am	RockSteadyBoxing	Boxing	Ken	10-10:45am	PWR	Studio 1	Olga
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	Everyday Balance	Studio 1	Sunny	11-11:45am	Cancer Survivor	Studio 1	Jen
10-10:45am	PWR	Studio 1	Olga	10-11am	Walking Club	Outside	Members	12:30-1:15pm	Aqua Fit	Pool	Avin
11:30-12:15pm	Aqua Zumba	Pool	Mirna	12:15-3pm	Barn/Square Dance	River R.	Rotation	1.30-2.30pm	Dance Party	Studio 1	Avin
11-11:45am	Cancer Survivor	Studio 1	Jen	2-2:45pm	Seated Strength	Studio 1	Olga	4:30-5:15pm	Cycle&Row	Studio 2	Jason
12:30-1:15pm	Cardio Drum	RR	Mirna	5:30-6:15pm	Yoga	Cedar	Max	5-5:45pm	Yoga	Studio 1	Joyce
2-2:45pm	Seated Strength	Studio 1	Olga	5:45-6:30pm	Zumba	River R.	Robin	5:30-6pm	Kettlebells	Cedar	Jason
5:30-6:15pm	Zumba	Studio 1	Adeline	5:30-6:15pm	Boxing 101	Boxing	Raphael	6-7pm	Boxing 101	Boxing	Raphael
6-7pm	HiIT & Bag	Boxing	Sylwia	6-6:45pm	Studio 1 Closed	Studio 1	RFSC	6:05-6:50pm	Strength	Studio 1	Jason
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-7pm	Cycle & Row	Studio 2	Kevin	6:15-7pm	Zumba	RR	Emily
8-8:45pm	Aqua Zumba	Pool	Katie	6:45-7:30pm	Strength	Studio 1	Robin	7:15-8pm	Gentle Sunset Yoga	Studio 1	Corinne

Thursday				Friday				Saturday			
6:15-7am	Lower Body Strength	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Megan	9-9:45am	Zumba	Studio 1	Rotation
7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Fitness Barre	Studio 1	Katy	10-10:45am	Strength	Studio 1	Rotation
8-8:45am	Zumba Gold	Studio 1	Dawn	7:30-8:15am	Yoga	Cedar	Max/Sunny	10-10:45am	Boxing	Boxing	Raphael
8-8:45am	Kettlebells & HIIT	Boxing	Fred/Jason	8-8:45am	Zumba	Studio 1	Mirna	10-10:45am	Aqua Fit	Pool	Rotation
9-9:45am	Chair Assisted Yoga	Cedar	Sunny	9-9:45am	Heart Strong	Studio 1	Fred	Sunday			
9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Tai Chi Chih "I"	Cedar	Yuko				
10-10:45am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	Studio 1	Mirna	Time	Class	Location	Trainer
10-10:45am	Everyday Balance	Cedar	Sunny	10-10:45am	PWR	Boxing	Olga	10:30-11:15am	Aqua Fit	Pool	Jose
10-10:30am	Rowing	Studio 2	Kevin	12-12:45am	Cancer Survivor	Studio 1	Jen	12-12:45pm	Strength	Studio 1	Jose
10-10:45am	RockSteadyBoxing	Boxing	Ken	11:30-12:15pm	Aqua Zumba	Pool	Mirna	125 LIVE Personal Training and Small Group Personal training available. Stop by the desk to learn more.			
10-11am	Walking Club	Outside	Members	1-1:45pm	Cardio Drum	Studio 1	Mirna				
11-11:45am	Functional Strength	Pool	Mirna	2-2:45pm	Seated Strength	Studio 1	Olga				
12:30-1:15pm	Cardio Drum	Studio 1	Mirna	4:30-5:30pm	Strong Nation	Studio 1	Jess/Robin				
4:30-5:30pm	Tai Chi	Cedar	Patrick	5:30-6:15pm	Aqua Aerobics	Pool	Jason				
5-5:45pm	Studio 1 Closed	Studio 1	RFSC								
5:30-6:15	Yoga	Cedar	Max								
5:45-6:30pm	Cardio Kickboxing	Studio 1	Adeline								
6:45-7:15pm	Strength	Studio 1	Adeline								
8-8:45pm	Aqua Zumba	Pool	Katie								

Contact us at
507-287-1404 or via email

Additional programs and services are offered throughout the 125 LIVE in addition to the scheduled drop-in classes. Watch out for more Specialty Wellness programs each month, flyers and information will be posted throughout 125 LIVE and our Facebook page (i.e. Self-Defense, Restorative Yoga, and many more)



info@125livemn.org

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 Strength- Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone

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

Aqua-Mix- Low impact, and joint friendly dance and equipment based pool class with music movement at it's core.

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, cardio, stretch and relaxation

Cardio Drumming- Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective

Cardio Kickboxing- a music driven workout combining kicks, blocks and punches to create a moderate to high intensity cardio class

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

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 NRG- total body workout using fitness balls, weights, bands and body weight as resistance. This workout includes standing and floor work

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 (HiiT)- 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

HiiT& Bag-Sylwia's signature workout featuring an intense strength and cardio circuit as well as contact work on the boxing bags

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

Yoga(chair assisted)- yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility

Yoga (gentle sunset)- Wind down from your day with this class full of traditional yoga postures and calming breath work

Tai Chi Chih- gently flowing moving meditation to help with pain management and daily stress reduction

Tai Chi- gentle flowing movements that are amazing for balance, strength and endurance

Rowing- Low impact, varied intensity, exercise using rowing machines for a total body workout

Cycle & Row- Low impact varied intensity cardio workout where half your time is spent rowing and half on the bike

Cycle- an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heartrate soaring, choose between an upright or recumbent bike to suit your body