

# 125 LIVE September/ October/ November 2021 Fitness Schedule (10/10/2021 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     | Dawn       | 7-7:45am   | Fitness Barre    | Studio 1 | Katy       | 11-11:45  | 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       | <b>Sunday</b>   |          |          |          |
| 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      | 11-11:45am   | 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        | 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) |                  |          |            |   |          |          |          |
| 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  
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| <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 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>Aqua-Mix-</b> Low impact, and joint friendly dance and equipment based pool class with music movement at it's core.   |
| <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-</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, cardio, stretch and relaxation |
| <b>Cardio Drumming-</b> Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective   |
| <b>Cardio Kickboxing-</b> a music driven workout combining kicks, blocks and punches to create a moderate to high intensity cardio class   |
| <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>Seated Strength-</b> modified strength training made for beginning exercisers and those needing extra support   |
| <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 (HiIT)-</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>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>Yoga(chair assisted)-</b> yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility  |
| <b>Yoga (gentle sunset)-</b> Wind down from your day with this class full of traditional yoga postures and calming breath work   |
| <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   |