

Express Boxing Circuit

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Timed fitness circuit open to 125 LIVE Fitness members and offered throughout the day, providing a fast workout at the intensity that works best for your fitness level. The circuit is available along with private/group Personal Training services to help you get the most out of your experience. Stop in anytime for the open studio time to glove up and workout.

Boxing gloves required

(available for purchase at 125 LIVE)

Boxing Circuit Orientation is encouraged and is offered by appointment, Schedule an orientation at 507-424-6408.

Rock Steady Boxing Saturday R F

Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

Registration Required

Butler's Boxing Fitness F R

Rochester's own Raphael Butler is sharing the amazing wellness benefits of boxing conditioning at 125 LIVE. Varied intensity boxing fitness program with strike training with cardiovascular and strength conditioning.

Wednesdays 6pm-7pm

Free Fitness Member/ \$40 Non-Member

Min 4 / Max 18

Registration Required

Rock Steady Boxing Weekday R F

Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents.

Monday, Wednesday & Friday 3pm

Free Fitness Member

Min 4 / Max 12

Registration Required

Rock Steady Boxing Evenings R F

Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

Tuesdays & Thursdays 6pm-7pm

Free Fitness Member

Min 4 / Max 12

Cardio-Boxing with Sylwia R F

60-minute entire body workout that will make you sweat, challenge you, and help you knockout stress. Class contains three primary parts: strength & cardio conditioning, boxing, core & stretch.

Mondays 6pm-7pm

Free Fitness Member

Min 4 / Max 18

Registration Required

Boxing Gloves and Hand Wraps are required for all boxing programs (including the Independent Circuit) Gloves and wraps are available for sale at Membership Services