<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>6:45-7:30am Fitness Barre Studio 1 Katy 7:45-7:45am Aqua Aerobics Pool Jess</td>
<td>6:45-7:30am Strength NRG Studio 1 Katy</td>
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<td>7:45-8:30am Aqua Zumba Pool Megan 7:45-8:30am Cardio Drum RR Kim</td>
<td>7:45-8:15am Yoga Cedar Max 8:15-9:15am Zumba Studio 1 Robin</td>
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<td>8:15-9:00am Cardio Drum Studio 1 Kevin 8:45-9:45am Chair Assisted Yoga Cedar Sunny</td>
<td>8:45-9:45am Yoga Cedar Max 9:45-10:15am Studio 2 Dave</td>
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<td>9:00-9:45am Tai Chi Chih &quot;II&quot; Cedar Yuko 9:45-10:45am Strength 101 Studio 1 Olga</td>
<td>9:45-10:15am Yoga Cedar Max 10:15-11:00am Studio 2 Dave</td>
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<td>9:45-10:30am HeartStrong River R. Fred 10:15-10:45am Aqua Aerobics Pool Dorothy 11:00-11:45am Studio 2 Dave</td>
<td>10:15-10:45am Yoga Cedar Max 11:45-12:30pm Studio 2 Dave</td>
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**Contact us at 507-287-1404 or via email info@125livemn.org**
Aqua Fit: 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 pop 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 low 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: Sports fitness and more traditional activities such as strength, agility, balance, coordination and flexibility, designed for Parkinson's

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

Strength 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, 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 101: Beginner friendly and suited for the regular exerciser, build strength by using various resistance tools including dumbbells, bands, balls and even your own body

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: Sylvia'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

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 heart rate soaring. Choose between an upright or recumbent bike