

# 125 LIVE January, February & March 2022 Fitness Schedule (updated 12/22/21)

Monday				Tuesday				Wednesday			
6-6:45am	Cycle	Studio 2	Megan	6:15-7am	Upper Body Strength	Studio 1	Katy	6:45-7:30am	Strength NRG	Studio 1	Katy
6:45-7:30am	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	Cardio Drum	RR	Kim	7:30-8:15am	Yoga	Cedar	Max
8-8:45am	Zumba	Studio 1	Kim	8-8:45am	Zumba Gold	Studio 1	Dawn	8-8:45am	Zumba	Studio 1	Robin
9-9:30am	Rowing	Studio 2	Kevin	9-9:45am	Chair Assisted Yoga	Cedar	Sunny	9-9:45am	HeartStrong	River R.	Fred
9-9:45am	Tai Chi Chih "II"	Cedar	Yuko	9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Stretch&Tone Yoga	Cedar	Joyce
9-9:45am	HeartStrong	River R.	Fred	10-10:45am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	RR	Darnell
10-10:45am	Cardio Drum	RR	Robin	10-10:45am	Cardio Drum	River R.	Darnell	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	Gentle Mat Pilates	Cedar	Olga
10-10:45am	PWR	Studio 1	Olga	1-2pm	Pool Volleyball	Pool	Members	11-11:45am	Cancer Survivor	Studio 1	Jen
11:30-12:15pm	Aqua Zumba	Pool	Dawn	12:15-3pm	Dance&Square Dance	River R.	Rotation	12:30-1:15pm	Aqua Fit	Pool	Avin
11-11:45am	Cancer Survivor	Studio 1	Jen	3-4pm	RockSteadyBoxing	Boxing	Ken	1.30-2:15pm	Dance Party	Studio 1	Avin
1-1:45pm	Cardio Drum	RR	Robin	5:30-6:15pm	Yoga	Cedar	Max	5-5:45pm	Studio 1 Closed	Studio 1	
2-2:45pm	Seated Strength	Studio 1	Olga	5:15-6pm	Strength	Studio 1	Robin	5-5:45pm	Yoga	Cedar	Joyce
5:30-6:15pm	Zumba	Studio 1	Adeline	5:30-6:15pm	Boxing 101	Boxing	Raphael	5-5:45pm	Zumba	RR	Emily
5-5:45pm	Yoga	Cedar	Sunny/Corinne	6-6:45pm	Zumba	River R.	Robin	5:30-6pm	Rowing	Studio 2	Kevin
6-7pm	HiiT & Bag	Boxing	Sylwia	6-6:45pm	Studio 1 Closed	Studio 1		6-7pm	Boxing 101	Boxing	Raphael
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-7pm	Cycle & Row	Studio 2	Kevin	6-6:45pm	Strong Nation	Studio 1	Rotation
8-8:45pm	Aqua Zumba	Pool	Katie	6:15-6:45pm	Kettlebells	Boxing	Jason				
Thursday				Friday				Saturday			
6:15-7am	Lower Body Strength	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Megan	8-8:45am	Zumba	Studio 1	Kim
7-7:45am	Aqua Zumba	Pool	Dawn	6:45-7:30am	Fitness Barre	Studio 1	Katy	9:15-10:15am	Pool Volleyball	Pool	Members
8-8:45am	Cardio Drum	RR	Kim	7-7:45am	Aqua Strength**February Start**	Pool	Megan	10-10:45am	Boxing	Boxing	Raphael
8-8:45am	Zumba Gold	Studio 1	Dawn	7:30-8:15am	Yoga	Cedar	Max/Sunny	11-11:45am	Strength	Studio 1	Raphael
9-9:30am	Rowing	Studio 2	Kevin	8-8:45am	Aerobics	Studio 1	Fred	<b>Sunday</b>			
9-9:45am	Chair Assisted Yoga	Cedar	Sunny	9-9:45am	Heart Strong	RR	Fred	10:45-11:30am	Aqua Fit	Pool	Brent/Sylwia
9-9:45am	Strength 101	Studio 1	Olga	9-9:45am	Tai Chi Chih **Registration**	Cedar	Yuko	2-2:45pm	Yoga	Studio 1	Rotation
10-10:45am	Aqua Aerobics	Pool	Dorothy	9:30-10:30am	Pool Volleyball	Pool	Members	Private individual/small group: Fitness Classes, Swimming Lessons, Pool Personal Training, and Personal Training are available by appointment. Stop by the desk to learn more.			
10-10:45am	Everyday Balance	Cedar	Sunny	10-10:45am	PWR	Studio 2	Olga				
10-10:30am	Rowing	Studio 2	Kevin	11-11:45am	Cancer Survivor	Studio 1	Jen				
11-11:45am	Functional Strength	Pool	Dorothy	11:30-12:15pm	Aqua Dance	Pool	Sylwia				
1-1:45pm	Cardio Drum	Studio 1	Darnell	1-1:45pm	Cardio Drum	Studio 1	Darnell				
3-3:45pm	Pool Volleyball	Pool	Members	2-2:45pm	Seated Strength	Studio 1	Olga				
3-4pm	RockSteadyBoxing	Boxing	Ken	5-6:15pm	Pool Volleyball	Pool	Members				
4:30-5:25pm	Tai Chi	Cedar	Patrick								
5-5:45pm	Studio 1 Closed	Studio 1		<b>Something Special:</b>							
5:35-6:20	Yoga	Cedar	Max	Activities vary, and may require registration or activity fees.							
5:50-6:35pm	Cardio Kickboxing	Studio 1	Adeline	5:30-6:15pm	Yoga II(2nd Tuesday of each month)	Cedar	Max				
6:15-6:45pm	Kettlebells	Boxing	Jason	10:30-12pm	Aging Fit-Group Training (Feb 7)	Fitness	Trainers				
6:45-7:30pm	Strength	Studio 1	Adeline	6-7pm	Why Weight (Feb 7-April 25)	Fitness	Trainers				
8-8:45pm	Aqua Zumba	Pool	Katie	5:30-6:30pm	Wet Ops Party (Last Friday of the month)	Pool	Rotation				
Contact us at 507-287-1404 or via email info@125livemn.org				Times vary	1:1 Swimming Lessons	Pool	Instructors				
				Times vary	Pool Personal Training	Pool	Trainers				
				Times vary	Personal Training	Center	Trainers				
				Times vary	Fitness Consult	Center	Trainers				
				Times vary	Fitness Assessments	Center	Trainers				



<b>Aqua Fit-</b> 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> Sports fitness and more traditional activities such as strength, agility, balance, coordination and flexibility, designed for Parkinson's
<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, 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> Strength exercises; squats, presses, curls combine to create a total body 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
<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