

125 LIVE April & May 2022 Fitness Schedule (updated 3/31/22)

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	Strength & Cardio	Studio 1	Chris	7:30-8:15am	Yoga	Cedar	Max
8-8:45am	Zumba	RR	Kim	8-8:45am	Dance	RR	Darshi	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	RR	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	Chris
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	11-11:45am	Strength & Cardio	Studio 1	Sunny	11-11:45am	Cancer Survivor	Studio 1	Jen
11:30-12:15pm	Aqua Aerobics	Pool	Dorothy	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	1-2pm	Pool Volleyball	Pool	Members	1-1:45pm	Cardio Drum	RR	Darnell
1-1:45pm	Cardio Drum	RR	Robin	2-2:45pm	Yoga 101	Cedar	Sunny	1:30-2:15pm	Dance	Studio 1	Avin
2-2:45pm	Seated Strength	Studio 1	Olga	3-4pm	RockSteadyBoxing	Boxing	Ken	5-5:45pm	Studio 1 Closed	Studio 1	
5-5:45pm	Yoga	Cedar	Sunny/Corinne	5:15-6pm	Strength	Studio 1	Robin	5-5:45pm	Yoga	Cedar	Joyce
5:30-6:15pm	Zumba	Studio 1	Adeline	5:30-6:30pm	Yoga II	Cedar	Max	5:15-6pm	Zumba	RR	Emily
5:30-6:15pm	Jiu Jitsu <small>Registration Required</small>	Studio 2	F, F & F	5:30-6:15pm	Boxing 101	Boxing	Raphael	5:30-6pm	Rowing	Studio 2	Kevin
6-7pm	Strength & Boxing	Boxing	Sylwia	6-6:45pm	Zumba	River R.	Robin	6-7pm	Boxing 101	Boxing	Raphael
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-6:45pm	Studio 1 Closed	Studio 1		6:15-7pm	Strength & Core	Studio 2	Jacqueline
6:30-7:15pm	Cycle	Studio 2	Jacquelline	6-7pm	Cycle & Row	Studio 2	Kevin	6-6:45pm	Strong Nation	Studio 1	Rotation
8-8:45pm	Aqua Zumba	Pool	Katie	6:30-7pm	Kettlebells	Boxing	Jason/Emily	8-8:45pm	Aqua Aerobics	Pool	Jose

Thursday				Friday				Saturday			
6:15-7am	Lower Body Strength	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Megan	8-8:45am	Zumba	RR	Kim
7-7:45am	Aqua Aerobics	Pool	Chris	6:45-7:30am	Fitness Barre	Studio 1	Katy	9-9:45am	Cycle	Studio 2	Jacqueline
8-8:45am	Strength & Cardio	Studio 1	Chris	7-7:45am	Aqua Strength	Pool	Megan	9:15-10:15am	Pool Volleyball	Pool	Members
8-8:45am	Zumba Gold	RR	Kim	7:30-8:15am	Yoga	Cedar	Max/Sunny	10-10:45am	Boxing	Boxing	Raphael
9-9:30am	Rowing	Studio 2	Kevin	8-8:45am	Dance	Studio 1	Jan	11-11:45am	Strength	Studio 1	Raphael
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	8:45-9:45am	Pool Volleyball	Pool	Members	Sunday			
9-9:45am	Strength 101	RR	Olga	9-9:45am	Tai Chi Chih <small>**Registration**</small>	Cedar	Yuko	10:30-11:15am	Aqua Fit	Pool	Brent/Jan
10-10:45am	Everyday Balance	Studio 1	Sunny	9-9:45am	Heart Strong	RR	Fred	12:30-1:15pm	Cardio Dance	Studio 1	Jan
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	PWR	Studio 2	Olga	2-2:45pm	Yoga	Cedar	Rotation
11-11:45am	Functional Strength	Pool	Dorothy	11-11:45am	Cancer Survivor	Studio 1	Jen	<p>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.</p>			
11-11:45am	Strength & Cardio	Studio 1	Sunny	11:30-12:15pm	Aqua Aerobics	Pool	Chris				
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	Studio 2	Patrick	Something Special: Activities vary, and may require registration or activity fees.							
5-5:45pm	Studio 1 Closed	Studio 1		Times vary	1:1 Swimming Lessons	Pool	Instructors				
5:30-6:15pm	Jiu Jitsu <small>Registration Required</small>	Studio 2	F, F & F	Times vary	Pool Personal Training	Pool	Trainers				
5:35-6:20	Yoga	Cedar	Max	Times vary	Personal Training	Center	Trainers				
5:50-6:35pm	Cardio Kickboxing	Studio 1	Adeline	Times vary	Fitness Consult	Center	Trainers				
6:45-7:30pm	Strength	Studio 1	Adeline	Times vary	Fitness Assessments	Center	Trainers				
8-8:45pm	Aqua Zumba	Pool	Katie	5:30-6:15pm	Jiu Jitsu	Studio 2	F, F & F				

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-Aerobics- Low impact, and joint friendly dance and equipment based pool class with music movement at it's core.
Pool Volleyball - Member supervised pool volleyball games, uses a beach ball.
Dance- 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.
Cardio Dance - Dance themed aerobic workout.
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- 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
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, 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- Strength exercises; squats, presses, curls combine to create a total body 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- 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
Strength & Boxing- 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
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
Stretch & Tone Yoga - Gentle full range of motion yoga flow.
Gentle Mat Pilates - Designed to improve physical strength, flexibility, and posture
Functional Strength - Exercise focused on incorporating functional movements from daily life.
Upper Body / Lower Body Strength - Moderate to high intensity standing strength program
Jiu Jitsu - "Registration only" outside organization sponsored sports / wellness class
Strength & Cardio - Aerobic and strength based class for most all levels.
Strength & Core - Strength based exercises with a focus on core strength and stability.
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