

# 125 LIVE July & August 2022 Fitness Schedule (updated 7/20/22)

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 on the Patio	Cedar	Max
8-8:45am	Zumba	RR	Kim	8-8:45am	Dance	RR	Darshi	8-8:45am	Zumba	Studio 1	Ann Marie
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	9:45-10:30am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	RR	Chris
10-11am	Studio Closed	Cedar		10-10:45am	Cardio Drum	River R.	Darnell	10-10:45am	PWR	Studio 1	Olga
10-10:45am	Cardio Drum	RR	Ann Marie	10-10:45am	Everyday Balance	Studio 1	Sunny	10-11am	Studio Closed	Cedar	
10-10:30am	Rowing	Studio 2	Kevin	10:30-11:30am	Pedal for Parkinsons	Studio 2	Steve	10-11am	Adult Jiu Jitsu	Studio 2	FF&F
10-10:45am	PWR	Studio 1	Olga	11-11:45am	Strength & Cardio	Studio 1	Sunny	11-11:45am	Gentle Mat Pilates	Cedar	Olga
11-11:45am	Cancer Survivor	Studio 1	Jen	12:15-1:15pm	Dance Mixer Alternate Tue.	River R.	Avin	11-11:45am	Cancer Survivor	Studio 1	Jen
11:30-12:15pm	Aqua Aerobics	Pool	Dorothy	12:15-3pm	Square Dance Alternate Tue.	River R.	Monte	12:30-1:15pm	Aqua Fit	Pool	Avin
1-1:45pm	Cardio Drum	RR	Ann Marie	1-2pm	Pool Volleyball	Pool	Members	1-1:45pm	Cardio Drum	RR	Darnell
2-2:45pm	Seated Strength	Studio 1	Olga	2-2:45pm	Yoga 101	Cedar	Sunny	1:30-2:15pm	Dance	Studio 1	Avin
5-5:45pm	Yoga	Cedar	Sunny/Corinne	3-4pm	RockSteadyBoxing	Boxing	Ken	5-5:45pm	Yoga	Cedar	Joyce
5:30-6:15pm	Zumba	Studio 1	Adeline	5:15-6pm	Strength	Studio 1	Robin	5:15-6pm	Zumba	Studio 1	Emily
6-7pm	Strength & Boxing	Boxing		5:30-6:30pm	Yoga II	Cedar	Max	6-7pm	Boxing 101	Boxing	Raphael
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	5:30-6:15pm	Boxing 101	Boxing	Raphael	6:15-7pm	Strength & Core	Studio 1	Jacqueline
6:30-7:15pm	Cycle	Studio 2	Jacqueline	6-6:45pm	Zumba	Studio 1	Robin				
8-8:45pm	Aqua Zumba	Pool	Katie								

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 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	8-8:45am	Dance	Studio 1	Jan	10-10:45am	Boxing	Boxing	Raphael
9-9:30am	Rowing	Studio 2	Kevin	8:45-9:45am	Pool Volleyball	Pool	Members	11-11:45am	Strength	Studio 1	Raphael
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	9-9:45am	Tai Chi Chih	Cedar	Yuko				
9-9:45am	Strength 101	RR	Olga	9-9:45am	Heart Strong	RR	Fred				
9:45-10:30am	Aqua Aerobics	Pool	Dorothy	10-10:45am	PWR	Studio 1	Olga	10:30-11:15am	Aqua Fit	Pool	Brent/Jan
9:45-10:30am	Rowing	Studio 2	Kevin	10-11am	Adult Jiu Jitsu	Studio 2	FF&F	12:30-1:15pm	Cardio Dance	Studio 1	Jan
10-10:45am	Everyday Balance	Studio 1	Sunny	11-11:45am	Cancer Survivor	Studio 1	Jen	2-2:45pm	Yoga	Cedar	Rotation
10:30-11:30am	Pedal for Parkinsons	Studio 2	Steve	11:30-12:15pm	Aqua Aerobics	Pool	Chris				
1-1:45pm	Cardio Drum	Studio 1	Darnell	1-1:45pm	Cardio Drum	Studio 1	Darnell				
2-2:45pm	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								
5:30-6:15pm	Yoga	Cedar	Max								
5:50-6:35pm	Cardio Kickboxing	Studio 1	Adeline								
6:45-7:30pm	Strength	Studio 1	Adeline								
8-8:45pm	Aqua Zumba	Pool	Katie								

**Something Special:**  
Activities vary, and may require registration or activity fees.

Times vary	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

Private individual/small group:  
Fitness Classes, Swimming Lessons, Pool  
Personal Training, and Personal Training are  
available by appointment.  
Contact Jason for more information.

Contact us at  
507-287-1404 or via email  
info@125livemn.org



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