

# 125 LIVE September 6th - December 16, 2022 Fitness Schedule (updated 9/19/22)

Monday				Tuesday				Wednesday			
6:45-7:30am	Fitness Barre	Studio 1	Katy	6:15-7am	Upper Body Strength	Studio 1	Katy	6:45-7:30am	Strength NRG	Studio 1	Katy
6:45-7:30am	Aqua Strength	Pool	Jan	7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Aqua Aerobics	Pool	Jess
8-8:45am	Zumba	RR	Kim	8-8:45am	Strength & Cardio	Studio 1	Chris	7:30-8:15am	Yoga on the Patio	Patio	Max
9-9:30am	Rowing	Studio 2	Kevin	8-8:45am	Ballet Fit	RR	Amanda	8-8:45am	Zumba	Studio 1	Robin
9-9:45am	Tai Chi Chih Level 2	Cedar	Yuko	9-9:45am	Chair Assisted Yoga	Cedar	Sunny	9-9:45am	HeartStrong	River R.	Fred
9-9:45am	HeartStrong	River R.	Fred	9-9:45am	Strength 101	RR	Olga	9-9:45am	Stretch&Tone Yoga	Cedar	Joyce
10-10:45am	Tai Chi Chih Level 1	Cedar	Yuko	9:40-10:25am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Cardio Drum	RR	Chris
10-10:45am	Cardio Drum	RR	Robin	10-10:45am	Cardio Drum	Studio 1	Darnell	10-10:45am	PWR	Studio 1	Olga
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	Everyday Balance	RR	Sunny	10-10:45am	Jiu Jitsu*	Studio 3	FF&F
10-10:45am	PWR	Studio 1	Olga	10:30-11:30am	Pedal for Parkinsons	Studio 2	Steve	11-11:45am	Gentle Mat Pilates	Studio 2	Olga
10:30-11am	Boxing Around the Clock	Boxing	Fred	11-11:45am	Strength & Cardio	Studio 1	Sunny	11-11:45am	Cancer Survivor	Studio 1	Jen
11-11:45am	Cancer Survivor	Studio 1	Jen	12:15-1:15pm	Dance Mixer Alternate Tue.	River R.	Avin	12:30-1:15pm	Aqua Fit	Pool	Avin
11:30-12:15pm	Aqua Aerobics	Pool	Dorothy	12:15-3pm	Square Dance Alternate Tue.	River R.	Monte	1-1:45pm	Cardio Drum	RR	Darnell
1:15-2:15pm	Pool Volleyball	Pool	Members	12:30-1:15pm	Yoga 101	Cedar	Sunny	1:30-2:15pm	Dance	Studio 1	Avin
2-2:45pm	Seated Strength	Studio 1	Olga	1-2pm	Pool Volleyball	Pool	Members	4:30-5:15pm	Strength	Studio 1	Robin
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	Strong	Studio 1	Rotation
6-6:30pm	Strength Circuit	Fit Center	Sylwia	5:30-6:25pm	Yoga II	Cedar	Max	5:30-6:15pm	Latin Dance	RR	Jacqueline
6:30-7pm	Start Boxing	Boxing	Sylwia	5:30-6:15pm	Boxing 101	Boxing	Raphael	6-7pm	Boxing 101	Boxing	Raphael
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-6:45pm	Zumba	Studio 1	Robin	6:15-7pm	Power Flow Yoga	Oak	Madelyn
7-8pm	Jiu Jitsu*	Studio 3	FF&F	6:30-7:15pm	Pilates	Cedar	Jen	6:25-7:10pm	Strength & Core	Studio 1	Jacqueline
8-8:45pm	Aqua Zumba	Pool	Katie	6:30-7:15pm	No Victims* (Women ONLY)	Boxing	FF&F	6:35-7:05pm	Cycle 101	Studio 2	Sylwia
Thursday				Friday				Saturday			
6:15-7am	Lower Body Strength	Studio 1	Katy	6:45-7:30am	Fitness Barre	Studio 1	Katy	8-8:45am	Zumba	Studio 1	Kim
7-7:45am	Aqua Aerobics	Pool	Chris	7-7:45am	Aqua Strength	Pool	Megan	9-9:45am	Cycle	Studio 2	Jacqueline
8-8:45am	Strength & Cardio	Studio 1	Chris	8-8:45am	Cardio Dance	Studio 1	Jan	10-10:45am	Boxing	Boxing	Raphael
8-8:45am	Zumba	RR	Kim	8:45-9:45am	Pool Volleyball	Pool	Members	11-11:45am	Strength	Studio 1	Raphael
9-9:30am	Rowing	Studio 2	Kevin	9-9:45am	Tai Chi Chih Level 2	Cedar	Yuko	12-1pm	Pool Volleyball	Pool	Members
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	9-9:45am	Heart Strong	RR	Fred	<b>Sunday</b>			
9-9:45am	Strength 101	RR	Olga	10-10:45am	PWR	Studio 2	Olga				
9:40-10:25am	Aqua Aerobics	Pool	Dorothy	10-10:45am	Jiu Jitsu	Studio 3	FF&F	10:30-11:15am	Aqua Fit	Pool	Brent/Jan
9:45-10:15am	Rowing	Studio 2	Kevin	10-10:45am	Cardio Drum	Studio 1	Chris	12:30-1:15pm	Cardio Dance	Studio 1	Jan
10-10:45am	Everyday Balance	RR	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	Private individual/small group: Fitness Classes, Swimming Lessons, Pool Personal Training, and Personal Training are available by appointment. Contact Jason for more information.			
11-11:45am	Strength & Cardio	Studio 1	Sunny	2-2:45pm	Seated Strength	Studio 1	Olga				
12:30-1:15pm	Yoga 101	Studio 2	Sunny	5-6pm	Pool Volleyball Party	Pool	Members				
1-1:45pm	Cardio Drum	Studio 1	Darnell	<b>Something Special:</b> Activities vary, and may require registration or activity fees.							
2:45-3:45pm	Pool Volleyball	Pool	Members	Times vary	Swimming Lessons	Pool	Instructors				
3-4pm	RockSteadyBoxing	Boxing	Ken	Times vary	Pool Personal Training	Pool	Trainers				
4:30-5:25pm	Tai Chi	Studio 2	Patrick	Times vary	Personal Training	Center	Trainers				
5:30-6:15pm	Restorative Yoga	Cedar	Max	Times vary	Fitness Consult	Center	Trainers				
5:50-6:35pm	Cardio Kickboxing	Studio 1	Adeline	Times vary	Fitness Assessments	Center	Trainers				
6:45-7:30pm	Strength	Studio 1	Adeline	Times Vary	Small Group Training	Varies	Trainers				
8-8:45pm	Aqua Zumba	Pool	Katie								

Contact us at 507-287-1404 or via email [info@125livemn.org](mailto:info@125livemn.org)



<b>Power Flow Yoga</b> - Faster paced dynamic exercise that focuses on the flow from one pose to the next
<b>Restorative Yoga</b> - Longer held poses with assisted devices to assist with relaxation and recovery
<b>Ballet Fitness</b> - Combining structured ballet dance instruction with key fitness aspects
<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> -Supportive workout group dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries
<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>Pedal for Parkinsons</b> - Steady state cardio class designed and created for those living with PD and other neuro differences
<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 101</b> - Traditional yoga postures are practiced then linked together to create basic flows for those new to yoga
<b>Yoga II</b> -Vinyasa flow with chaturangas; more intense core work; emphasizing breath control through more challenging poses.
<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 and No Victims</b> - Contract program offered through Force Fighting and Fitness. Martial arts program teaching standard principles of Jiu Jitsu and fitness wellness concepts for improved fitness and self-defense.
<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>Boxing Around the Clock</b> - Music driven aerobic boxing class using boxing equipment
<b>Pool Volleyball Party &amp; Pool Volleyball</b> - Member led games, on the second Friday evening of each month volunteers will offer refreshments for the party (free for Fitness Members)
<b>Strength Circuit</b> - Meet in the Fitness Center for an express 30-minute weight lifting circuit
<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