

125 LIVE Winter 2023 Fitness Schedule (updated 12/27/22)

Monday				Tuesday				Wednesday			
6-6:45am	Cycle	Studio 2	Kerry	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	7:30-8:15am	Cycle & Core	Studio 2	Leiah
6:45-7:30am	Aqua Strength	Pool	Jan	7:05-7:50am	Kettlebells *Registration ONLY	Studio 3	Leiah	7-7:45am	Aqua Aerobics	Pool	Jess
7:35-8:20am	Strength	Studio 1	Leiah	8-8:45am	Strength & Cardio	RR	Chris	7:30-8:15am	Yoga	Cedar	Max
8-8:45am	Zumba	RR	Kim	8-8:45am	Ballet Fit	Studio 1	Amanda	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 "Advanced"	Cedar	Yuko	9-9:45am	Strength 101	RR	Leiah	9-9:45am	Stretch&Tone Yoga	Cedar	Joyce
9-9:45am	HeartStrong	River R.	Fred	9:40-10:25am	Aqua Aerobics	Pool	Kerry	10-10:45am	Cardio Drum	RR	Chris
10-10:45am	Tai Chi Chih "Intermediate"	Cedar	Yuko	10-10:50am	T'ai Chi Chih *Registration ONLY	Cedar	Yuko	10-10:45am	PWR	Studio 1	Olga
10-10:45am	Cardio Drum	RR	Amanda	10-10:45am	Cardio Drum	Studio 1	Darnell	10-10:45am	Jiu Jitsu *Registration ONLY	Studio 3	FF&F
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	Everyday Balance	RR	Sunny	11-11:45am	Gentle Mat Pilates	Cedar	Olga
10-10:45am	PWR	Studio 1	Olga	11-12pm	Pedal for Parkinsons	Studio 2	Steve	11-11:55am	Cancer Survivor	Studio 1	Jen
11-11:55am	Cancer Survivor	Studio 1	Jen	11-11:45am	Strength & Cardio	Studio 1	Sunny	12:30-1:15pm	Aqua Fit	Pool	Avin
11:30-12:15pm	Aqua Aerobics	Pool	Bryan	12:15-3pm	Square Dance Alternate Tue.	River R.	Monte	12:30-1:15pm	Cardio Drum	Studio 1	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	5-5:45pm	Yoga	Cedar	Joyce
5-5:45pm	Yoga	Cedar	Sunny/Corinne	3-4pm	RockSteadyBoxing	Boxing	Ken	5:30-6:15pm	Strong	Studio 1	Rotation
5:30-6:15pm	Zumba	Studio 1	Adeline	5:15-6pm	Strength	Studio 1	Robin	5:30-6:15pm	Latin Dance	RR	Jacqueline
6-6:30pm	Strength Circuit	Fit Center	Sylwia	5:15-6:15pm	Yoga II	Cedar	Max	6-6:30pm	Kettlebells *Registration ONLY	Cedar	Sylwia
6:30-7pm	Cardio Boxing	Boxing	Sylwia	5:30-6:15pm	Boxing w' the Pro 101	Boxing	Raphael	6-7pm	Boxing w' the Pro	Boxing	Raphael
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-6:45pm	Valhalla Aqua Fit* (registration)	Valhalla	Kerry/Bryan	6:25-7:10pm	Strength & Core	Studio 1	Jacqueline
7-8pm	Jiu Jitsu *Registration ONLY	Studio 3	FF&F	6-6:45pm	Zumba	Studio 1	Robin	6:35-7:05pm	Cycle Express	Studio 2	Sylwia
8-8:45pm	Aqua Zumba	Pool	Katie	6:30-7:15pm	Pilates	Cedar	Jen				
				7-7:45pm	No Victims *Registration ONLY	Boxing	FF&F				
Thursday				Friday				Saturday			
6:15-7am	Lower Body Strength	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Jacqueline	8-8:45am	Zumba	Studio 1	Kim
7-7:45am	Aqua Yoga	Pool	Chris	6:45-7:30am	Fitness Barre	Studio 1	Katy	9-9:45am	Cycle	Studio 2	Jacqueline
7:05-7:50am	Kettlebells *Registration ONLY	Studio 3	Leiah	7-7:45am	Aqua Strength	Pool	Kerry	11-11:45am	Strength	Studio 1	Raphael
8-8:45am	Strength & Cardio	Studio 1	Chris	8-8:45am	Dance	Studio 1	Jan	12-1pm	Pool Volleyball	Pool	Members
8-8:45am	Zumba	RR	Kim	8:45-9:45am	Pool Volleyball	Pool	Members	2-2:45pm	Yoga	Cedar	Rotation
9-9:30am	Rowing	Studio 2	Kevin	9-9:45am	Tai Chi Chih "Advanced"	Cedar	Yuko				
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	9-9:45am	Heart Strong	RR	Fred				
9-9:45am	Strength 101	RR	Leiah	10-10:45am	PWR	Studio 2	Olga				
9:40-10:25am	Aqua Aerobics	Pool	Kerry	10-10:45am	Jiu Jitsu	Studio 3	FF&F				
9:45-10:15am	Rowing	Studio 2	Kevin	10-10:45am	Cardio Drum	Studio 1	Chris	10:30-11:15am	Aqua Fit	Pool	Brent/Jan
10-10:45am	Everyday Balance	RR	Sunny	11-11:55am	Cancer Survivor	Studio 1	Jen	12:30-1:15pm	Cardio Dance	Studio 1	Jan
11-12pm	Pedal for Parkinsons	Studio 2	Steve	11:30-12:15pm	Aqua Aerobics	Pool	Chris	1:15-2pm	Strength	Studio 1	Rachel
11-11:45am	Strength & Cardio	Studio 1	Sunny	2-2:45pm	Seated Strength	Studio 1	Olga	2-2:45pm	Yoga	Cedar	Rotation
12:30-1:15pm	Yoga 101	Cedar	Sunny	5-6pm	Pool Volleyball Party	Pool	Members				
1-1:45pm	Cardio Drum	Studio 1	Darnell	5:30-6:15pm	Strength	Studio 1	Jan				
2:45-3:45pm	Pool Volleyball	Pool	Members								
3-4pm	RockSteadyBoxing	Boxing	Ken								
4:30-5:25pm	Tai Chi	Studio 2	Patrick	Times vary	Swimming Lessons	Pool	Instructors				
5:30-6:15pm	Restorative Yoga	Cedar	Max	Times vary	Pool Personal Training	Pool	Trainers				
5:30pm-6:15pm	Cardio Kickboxing	Studio 1	Adeline	Times vary	Personal Training	Center	Trainers				
6-6:45pm	Valhalla Aqua Fit* (registration)	Valhalla	Katie	Times vary	Fitness Consult	Center	Trainers				
6:30-7:15pm	Strength	Studio 1	Adeline	Times vary	Fitness Assessments	Center	Trainers				
8-8:45pm	Aqua Zumba	Pool	Katie	Times Vary	Small Group Training	Varies	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



Power Flow Yoga - Faster paced dynamic exercise that focuses on the flow from one pose to the next
Restorative Yoga - Longer held poses with assisted devices to assist with relaxation and recovery
Ballet Fitness - Combining structured ballet dance instruction with key fitness aspects
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
Aqua Yoga - A low impact water based yoga class
Cancer Survivor Fitness-Supportive workout group dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries
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
Pedal for Parkinsons - Steady state cardio class designed and created for those living with PD and other neuro differences
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 - Class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
Cardio-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 101 - Traditional yoga postures are practiced then linked together to create basic flows for those new to yoga
Yoga II -Vinyasa flow with chaturangas; more intense core work; emphasizing breath control through more challenging poses.
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 and No Victims - 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.
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 & Core - Interval style cycling with floor based core workout cooldown.
Pool Volleyball Party & Pool Volleyball - Member led games, on the second Friday evening of each month volunteers will offer refreshments for the party (free for Fitness Members)
Strength Circuit - Meet in the Fitness Center for an express 30-minute weight lifting circuit
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