



# \*\*BEGINS Sept. 5 - 125 LIVE Sept-Nov Fitness Schedule - BEGINS Sept. 5\*\*



Monday				Tuesday				Wednesday			
6-6:45am	Cycle	Studio 2	Kerry	6:45-7:30am	Fitness Barre	Studio 1	Katy	6:15-7am	Strong ENERGY	Studio 1	Katy
6:15-7am	Strong ENERGY	Studio 1	Katy	7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Aqua Aerobics	Pool	Jess
7-7:45am	Aqua Strength	Pool	Jan	8-8:45am	Strength & Cardio	Studio 1	Tamsin	7:10-7:55am	POUND	Studio 1	Kerry
8-8:45am	Zumba	Willow	Emmarie	8-8:45am	Zumba	Willow	Kim	7:30-8:15am	YOGA	Studio 2	Max
8-8:30am	Stand Strong	Studio 1	Kevin	9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	8-8:45am	Zumba	Willow	Tamsin
9-9:45am	Rowing	Studio 2	Kevin	9-9:45am	Strength 101	Willow	Olga	8-8:45am	Stand Strong	Studio 1	Kevin
9-9:45am	Tai Chi Chih	Studio 1	Yuko	9-9:45am	Cycle	Studio 2	Tamsin	9-9:45am	HeartStrong	Willow	Fred
9-9:45am	HeartStrong	Willow	Fred	9:35-10:20am	Aqua Aerobics	Pool	Kerry	9-9:45am	Kettle Bells* <sup>Registration</sup>	Boxing	Tamsin
10-10:45am	Rowing	Studio 2	Kevin	10-10:45am	Everyday Balance	RR	Sunny	9-9:45am	Stretch&Tone Yoga	Studio 1	Joyce
10-10:45am	PWR	Studio 1	Olga	10-10:45am	Tai Chi Chih for Parkinson's	Studio 2	Yuko	9-9:45am	Rowing	Studio 2	Kevin
10:15-11am	CardioDrumming	RR	Chris	11-12pm	Pedal for Parkinsons	Studio 2	Steve	10-10:45am	PWR	Studio 1	Olga
11-11:55am	Cancer Fitness * <sup>registration</sup>	Studio 1	Jen	11-11:45am	Strength & Cardio	Studio 1	Sunny	10-10:30am	Rowing	Studio 2	Kevin
11:30-12:15pm	Aqua Aerobics	Pool	Bryan	11-11:45am	Cardio Drumming	RR	Darnell	10:15-11am	CardioDrumming	RR	Chris
12-12:55pm	Ping-Pong w' Parkinson's	Studio 1	Members	12:15-3pm	Square Dance Alternate Tue.	River R.	Monte	11-11:45am	Gentle Mat Pilates	Studio 2	Olga
1-1:55pm	Cancer Fitness * <sup>registration</sup>	Studio 1	Jen	12-12:45pm	Yoga 101	Studio 1	Sunny	11-11:55am	Cancer Fitness * <sup>registration</sup>	Studio 1	Jen
1:15-2:15pm	Pool Volleyball	Pool	Members	12:15-1pm	Aqua Stretch	Pool	Chris	12:30-1:15pm	Aqua Fit	Pool	Avin
2-2:45pm	Seated Strength	Studio 1	Olga	1-2pm	Pool Volleyball	Pool	Members	1-1:55pm	Cancer Fitness * <sup>registration</sup>	Studio 1	Jen
5-5:45pm	Yoga	Studio 2	Sunny/Corinne	3-4pm	RockSteadyBoxing	Boxing	Ken	1:30-2:15pm	Chair Yoga	Studio 2	Avin
5:50-6:40pm	Pilates Fusion * <sup>registration</sup>	Studio 2	Jen	5-5:45pm	Strength	Studio 1	Robin	5-5:45pm	Yoga	Studio 2	Joyce
5:30-6:15pm	Zumba	Studio 1	Adeline	5:15-6:15pm	Yoga II	Studio 2	Max	5:30-6:15pm	Strong Nation by Zumba	Studio 1	Rotation
6-7pm	Cardio-Boxing	Boxing	Sylwia	5:30-6:15pm	Boxing Non-Contact Fit	Boxing	Raphael	5:30-6:15pm	Latin Dance * <sup>Multi-Gen (12+)</sup>	RR	Jacqueline
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	6-6:45pm	Zumba	Studio 1	Robin	5:50-6:40pm	Pilates Fusion * <sup>registration</sup>	Studio 2	Jen
8-8:45pm	Aqua Zumba	Pool	Katie					6-7pm	Boxing Non-Contact Fit	Boxing	Raphael
Thursday				Friday				Saturday			
6:45-7:30am	Fitness Barre	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Jacqueline	6:25-7:10pm	Strength & Core	Studio 1	Jacqueline
7-7:45am	Aqua Zumba	Pool	Jess	6:15-7am	Strong ENERGY	Studio 1	Katy	8-8:45pm	Aqua Zumba	Pool	Katie
8-8:45am	Strength & Cardio	Studio 1	Chris	7-7:45am	Aqua Strength	Pool	Kerry				
8-8:45am	Zumba	Willow	Kim	8-8:45am	Cardio Dance	Willow	Jan				
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	8:45-9:45am	Pool Volleyball	Pool	Members	8-8:45am	Cardio Dance	Studio 1	Jan
9-9:45am	Strength 101	Willow	Olga	9-9:45am	Rowing	Studio 2	Kevin	9-9:45am	Cycle	Studio 2	Jacqueline
9:35-10:20am	Aqua Aerobics	Pool	Kerry	9-9:45am	Tai Chi Chih	Studio 1	Yuko	9-9:45am	Strength	Studio 1	Jan
10-10:45am	Everyday Balance	Studio 1	Sunny	9-9:45am	Heart Strong	Willow	Fred	10-10:45am	Boxing Non-Contact	Boxing	Raphael
11-12pm	Pedal for Parkinsons	Studio 2	Steve	10-10:45am	PWR	Studio 1	Olga	12-1pm	Pool Volleyball	Pool	Members
11-11:45am	Strength & Cardio	Studio 1	Sunny	10-10:45am	Rowing	Studio 2	Kevin				
12-12:45pm	Yoga 101	Studio 1	Sunny	11-11:45am	Cardio Drumming	Studio 1	Darnell				
2:45-3:45pm	Pool Volleyball	Pool	Members	11-11:55am	Cancer Fitness * <sup>registration</sup>	Willow	Jen	10:30-11:15am	Aqua Fit	Pool	Rotation
3-4pm	RockSteadyBoxing	Boxing	Ken	11:30-12:15pm	Aqua Aerobics	Pool	Chris	1-1:45pm	Zumba	Studio 1	Emmarie
4:30-5:25pm	Tai Chi	Studio 2	Patrick	1-1:55pm	Cancer Fitness * <sup>registration</sup>	Studio 1	Jen	2-2:45pm	Yoga	Studio 2	Rotation
5:30-6:15pm	Cardio Kickboxing	Studio 1	Adeline	2-2:45pm	Seated Strength	Studio 1	Olga				
6:30-7:15pm	Strength	Studio 1	Adeline	5-6pm	Pool Volleyball	Pool	Members				
				5:30-6:15pm	Strength	Studio 1	Jan				
				Special Services							
				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				
				Times Vary	Small Group Training	Varies	Trainers				
<p><b>One Punch Boxing Club LLC:</b> USA Boxing supported programs for youth and adults. Registration is required through One punch Boxing Club and USA Boxing to participate. This is not a 125 LIVE program, but is a service through our Community Partners. For more information please contact 507-358-5343. Adult Monthly fees for supervised programming is \$70/month and USA Boxing annual registration fees, youth programs are available too. Contact Raphael for more details</p>								<p>Private individual/small group: Fitness Classes, Swimming Lessons, Pool Personal Training, and Personal Training are available by appointment. Contact Jason for more information.</p> <p>507-287-1404 info@125livemn.org</p>			

Class locations are subject to change, they may be moved outside to accommodate nice weather or be moved to another room to accommodate class size or special programming.

## Fitness Class Descriptions

**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.

**Boxing Non-Contact-** This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations

**Cancer Survivor Fitness-**Supportive workout group dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries

**Cardio Dance -** Dance themed aerobic workout.

**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

**Cardio-Boxing-**Sylwia's signature workout featuring an intense strength and cardio circuit as well as contact work on the boxing bags

**Cycle-** an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heartrate soaring, choose between an upright or recumbent bike

**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.

**Everyday Balance-** work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises

**Fitness Barre-** a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions

**Functional Strength -** Exercise focused on incorporating functional movements from daily life.

**Gentle Mat Pilates -** Designed to improve physical strength, flexibility, and posture

**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

**Kettlebells-** Low impact high intensity strength and conditioning using a kettlebell as your resistance tool

**Pedal for Parkinsons-** Steady state cardio class designed and created for those living with PD and other neuro differences

**Pilates Fusion-**This fusion class combines traditional mat Pilates movements of barre, yoga, strength, and calisthenics to increase strength, muscular endurance, balance, and flexibility.

**Pool Volleyball-** Member led games, on the second Friday evening of each month volunteers will offer refreshments for the party (free for Fitness Members)

**POUND-**Music driven total body workout using lightly weighted Ripstix (drumsticks)

**PWR- Parkinson's Wellness Recovery-** Sports fitness and more traditional activities such as strength, agility, balance, coordination and flexibility, designed fo Parkinson's

**Restorative Yoga -** Longer held poses using props to assist with relaxation and recovery

**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

**Rowing-** Low impact, varied intensity, exercise using rowing machines for a total body workout

**Seated Strength-** modified strength training made for beginning exercisers and those needing extra support

**Stand Strong-** evidence based exercises specifically designed to prevent falls and improve balance and stability while increasing strength and flexibility

**Strength & Cardio -** Aerobic and strength based class for most all levels.

**Strength & Core -** Strength based exercises with a focus on core strength and stability.

**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

**Strong ENERGY-** total body workout using fitness balls, weights, bands and body wiehgt 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

**Stretch & Tone Yoga -** Gentle full range of motion yoga flow.

**Strong Nation by Zumba-** This total body workout created by the makers of Zumba uses body weight to create a high intensity workout of conditioning, strength and plyometrics.

**Tai Chi Chih-** gently flowing moving meditation to help with pain management and daily stress reduction

**Tai Chi Parkinson's -** Balance and range of motion exercises

**Upper Body / Lower Body Strength -** Moderate to high intensity standing strength program

**Yoga 101-** Traditional yoga postures are practiced then linked together to create basic flows for those new to yoga

**Yoga-** enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques

**Yoga II-**Vinyasa flow with chaturangas; more intense core work; emphasizing breath control through more challenging poses.

**Yoga(chair assisted)-** yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility

**Zumba-** A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility