

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
9-9:30am	Rowing	Studio 2	Kevin	9-9:45am	Strength 101	Willow	Olga	8-8:30am	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	Stretch&Tone Yoga	Studio 1	Joyce
10-10:30am	Rowing	Studio 2	Kevin	10-10:45am	Everyday Balance	RR	Sunny	9-9:45am	Rowing & Cycle	Studio 2	Kevin
10-10:45am	PWR	Studio 1	Olga	10-10:45am	EasyTai Chi Chih	Studio 2	Yuko	10-10:45am	PWR	Studio 1	Olga
10:15-11am	CardioDrumming	RR	Chris	11-12pm	Pedal for Parkinsons	Studio 2	Steve	10:15-11am	CardioDrumming	RR	Chris
11.15 - 12 pm	Cancer Fitness *registration	Studio 1	Chris	11-11:45am	Strength & Cardio	Studio 1	Sunny	11-11:45am	Gentle Mat Pilates	Studio 2	Olga
11:30-12:15pm	Aqua Aerobics	Pool	Bryan	11-11:45am	Cardio Drumming	RR	Darnell	11:15-12 pm	Cancer Fitness *registration	Studio 1	Chris
12-12:55pm	Ping-Pong w' Parkinson's	Studio 1	Members	12:15-3pm	Square Dance <small>Alternate Tue.</small>	River R.	Monte	12:30-1:15pm	Aqua Fit	Pool	Avin
1:15-2:15pm	Pool Volleyball	Pool	Members	12-12:45pm	Yoga 101	Studio 1	Sunny	1:30-2:15pm	Chair Yoga	Studio 2	Avin
2-2:45pm	Seated Strength	Studio 1	Olga	12:15-1pm	Aqua Stretch	Pool	Chris	5- 5.45pm	Cycle	Studio 2	Sylwia
5-5:45pm	Yoga	Studio 2	Sunny/Cori	1-2pm	Pool Volleyball	Pool	Members	5:30-6:15pm	Zumba Strong Nation	Studio 1	Rotation
5:50-6:40pm	Pilates Fusion *registration	Studio 2	Jen	2-2.45 pm	Stretch and Tone Yoga	Studio 2	Joyce	5:30-6:15pm	Latin Dance <small>Multi-Gen (12+)</small>	RR	Jacqueline
5:30-6:15pm	Zumba	Studio 1	Adeline	3-4pm	RockSteadyBoxing	Boxing	Ken	5:50-6:40pm	Pilates Fusion *registration	Studio 2	Jen
6-7pm	Cardio-Boxing	Boxing	Sylwia	5-5:45pm	Strength	Studio 1	Robin	6-7pm	Boxing Non-Contact Fit	Boxing	Raphael
6:30-7:15 pm	Cancer Fitness *registration	Willow	Katie	5-5.45pm	Yoga II	Studio 2	Max	6:25-7:10pm	Strength & Core	Studio 1	Jacqueline
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	5:30-6:15pm	Boxing Non-Contact Fit	Boxing	Raphael	6.30-7.15 pm	Cancer Fitness *registration	Willow	Katie
8-8:45pm	Aqua Zumba	Pool	Katie	6-6:45pm	Zumba	Studio 1	Robin	8-8:45pm	Aqua Zumba	Pool	Katie
Thursday				Friday				Saturday			
6:45-7:30am	Fitness Barre	Studio 1	Katy	6-6:45am	Cycle	Studio 2	Jacqueline	8-8:45am	Cardio Dance	Studio 1	Jan
7-7:45am	Aqua Zumba	Pool	Jess	6:15-7am	Strong ENERGY	Studio 1	Katy	9-9:45am	Cycle	Studio 2	Jacqueline
8-8:45am	Strength & Cardio	Studio 1	Chris	7-7:45am	Aqua Strength	Pool	Kerry	9-9:45am	Strength	Studio 1	Jan
8-8:45am	Zumba	Willow	Kim	8-8:45am	Cardio Dance	Willow	Jan	10-10:45am	Boxing Non-Contact	Boxing	Raphael
9-9:45am	Chair Assisted Yoga	Studio 1	Sunny	8-8.45 am	Cardio Drumming	RR	Darnell	12-1pm	Pool Volleyball	Pool	Members
9-9:45am	Strength 101	RR	Olga	8:45-9:45am	Pool Volleyball	Pool	Members	Sunday			
9:35-10:20am	Aqua Aerobics	Pool	Kerry	9-9:30am	Rowing	Studio 2	Kevin	9.30-10.15 am	Yoga	studio 1	Chris
10-10:45am	Everyday Balance	RR	Sunny	9-9:45am	Tai Chi Chih	Studio 1	Yuko	10.30-11.15 am	Aqua Fit	Pool	Chris
11-12pm	Pedal for Parkinsons	Studio 2	Steve	9-9:45am	Heart Strong	Willow	Fred	1-1.45 pm	Zumba	Studio 1	Emmarie
11-11:45am	Strength & Cardio	Studio 1	Sunny	10-10:45am	PWR	Studio 1	Olga	Class locations are subject to change, they may be moved to accommodate other programs or class size.			
12-12:45pm	Yoga 101	Studio 1	Sunny	10-10:30am	Rowing	Studio 2	Kevin				
2:45-3:45pm	Pool Volleyball	Pool	Members	11:30-12:15pm	Aqua Aerobics	Pool	Chris				
3-4pm	RockSteadyBoxing	Boxing	Ken	2-2:45pm	Seated Strength	Studio 1	Olga				
4:30-5:25pm	Tai Chi	Studio 2	Patrick	5-6pm	Pool Volleyball	Pool	Members				
5:30-6:15pm	Cardio Kickboxing	Studio 1	Adeline	5:30-6:15pm	Strength	Studio 1	Jan				
6:30-7:15pm	Strength	Studio 1	Adeline								
Email info@125livemn.org to learn more about classes, Personal Training, Small Group Training, Swimming Lessons and consultations and assessments											

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 - Cardio workout choreographed to music!

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 at the fitness floor as well as 30 minutes work on punching bags in the boxing studio.

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 aquatic volleyball. Fun activity for all levels.

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 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

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

Easy Tai Chi - Perfect for beginners! Work on your 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