

| Monday | | | | Tuesday | | | | Wednesday | | | |
|---------------|------------------------------|----------|------------|--------------|--|----------|---------|--------------|---|----------|------------|
| 6:15-7am | Strong ENERGY | Studio 1 | Katy | 6:45-7:30am | Fitness Barre | Studio 1 | Katy | 6:15-7am | Strong ENERGY | Studio 1 | Katy |
| 7-7:45am | Aqua Strength | Pool | Jan | 7-7:45am | Aqua Zumba | Pool | Jess | 7-7:45am | Aqua Aerobics | Pool | Jess |
| 7.10-7:55am | Pound | Studio 1 | Kerry | 7:55-8:25am | Aqua Cycle *registration | Pool | Kendall | 7.10-7:55am | Pound | Studio 1 | Kerry |
| 8-8:45am | Zumba | Willow | Emmarie | 8-8:45am | Strength & Cardio | Studio 1 | Tamsin | 7:30-8:15am | Yoga | Studio 2 | Max |
| 8-8:30am | Stand Strong | Studio 1 | Kevin | 8-8:45am | Zumba | Willow | Kim | 8-8:45am | Zumba | Willow | Tamsin |
| 9-9:30am | Rowing | Studio 2 | Kevin | 9-9:45am | Chair Assisted Yoga | Studio 1 | Sunny | 8-8:30am | Stand Strong | Studio 1 | Kevin |
| 9-9:45am | Tai Chi Chih | Studio 1 | Yuko | 9-9:45am | Strength 101 | Willow | Olga | 9-9:45am | HeartStrong | Willow | Fred |
| 9-9:45am | HeartStrong | Willow | Fred | 9-9:45am | Cycle | Studio 2 | Tamsin | 9-9:45am | Stretch&Tone Yoga | Studio 1 | Joyce |
| 10-10:30am | Rowing | Studio 2 | Kevin | 9:35-10:20am | Aqua Aerobics | Pool | Kerry | 9-9:45am | Rowing & Cycle | Studio 2 | Kevin |
| 10-10:45am | PWR | Studio 1 | Olga | 10-10:45am | Everyday Balance | Willow | Sunny | 10-10:45am | PWR | Studio 1 | Olga |
| 10:15-11am | CardioDrumming | Willow | Chris | 10-10:45am | EasyTai Chi Chih | Studio 2 | Yuko | 10:15-11am | CardioDrumming | Willow | Chris |
| 11:15 - 12 pm | Cancer Fitness *registration | Studio 1 | Chris | 11-12pm | Pedal for Parkinsons | Studio 2 | Steve | 11-11:45am | Gentle Mat Pilates | Studio 2 | Olga |
| 11:35-12:20pm | Aqua Aerobics | Pool | Dorothy | 11-11:45am | Strength & Cardio | Studio 1 | Sunny | 11:15-12 pm | Cancer Fitness *registration | Studio 1 | Chris |
| 12-12:55pm | Ping-Pong w' Parkinson's | Willow | Members | 11-11:45am | Cardio Drumming | Willow | Darnell | 12:30-1:15pm | Aqua Fit | Pool | Avin |
| 1:15-2:15pm | Pool Volleyball | Pool | Members | 12:15-3pm | Square Dance <small>Alternate Tue.</small> | River R. | Monte | 1-1:30pm | Rowing & Cycle | Studio 2 | Kevin |
| 2-2:45pm | Seated Strength | Studio 1 | Olga | 12-12:45pm | Yoga 101 | Studio 1 | Sunny | 1:40-2:25pm | Chair Yoga | Studio 2 | Avin |
| 5-5:45pm | Yoga | Studio 2 | Sunny/Cori | 12:15-1pm | Aqua Stretch | Pool | Chris | 5- 5:45pm | Cycle | Studio 2 | Sylwia |
| 5:30-6:15pm | Zumba | Studio 1 | Adeline | 1-2pm | Pool Volleyball | Pool | Members | 5:30-6:15pm | Zumba Strong Nation | Studio 1 | Rotation |
| 6-7pm | Cardio-Boxing | Boxing | Sylwia | 2-2.45 pm | Stretch and Tone Yoga | Studio 2 | Joyce | 5:30-6:15pm | Latin Dance <small>*Multi-Gen (12+)</small> | RR | Jacqueline |
| 6.30-7:15 pm | Cancer Fitness *registration | Cedar | Katie | 3-4pm | Boxing | Boxing | Ken | 6-7pm | Boxing Non-Contact Fit | Boxing | Raphael |
| 6:30-7:15pm | Fitness Barre | Studio 1 | Adeline | 5-5:45pm | Strength | Studio 1 | Robin | 6:25-7:10pm | Strength & Core | Studio 1 | Jacqueline |
| 8-8:45pm | Aqua Zumba | Pool | Katie | 5-5.45pm | Yoga II | Studio 2 | Max | 6:30-7:15 pm | Cancer Fitness *registration | Cedar | Katie |
| | | | | 5:30-6:15pm | Boxing Non-Contact Fit | Boxing | Raphael | 8-8:45pm | Aqua Zumba | Pool | Katie |
| | | | | 6-6:45pm | Zumba | Studio 1 | Robin | | | | |

| Thursday | | | | Friday | | | | Saturday | | | |
|--------------|--------------------------|----------|---------|---------------|-----------------|----------|------------|---|--------------------|----------|------------|
| 6:45-7:30am | Fitness Barre | Studio 1 | Katy | 6-6:45am | Cycle | Studio 2 | Jacqueline | 8-8:45am | Cardio Dance | Willow | Jan |
| 7-7:45am | Aqua Zumba | Pool | Jess | 6:15-7am | Strong ENERGY | Studio 1 | Katy | 9-9:45am | Cycle | Studio 2 | Jacqueline |
| 7:55-8:25am | Aqua Cycle *registration | Pool | Kendall | 7-7:45am | Aqua Strength | Pool | Kerry | 9-9:45am | Strength | Willow | Jan |
| 8-8:45am | Strength & Cardio | Studio 1 | Chris | 8-8:45am | Cardio Dance | Willow | Jan | 10-10:45am | Boxing Non-Contact | Boxing | Raphael |
| 8-8:45am | Zumba | Willow | Kim | 8-8.45 am | Cardio Drumming | Studio 1 | Darnell | 12-1pm | Pool Volleyball | Pool | Members |
| 9-9:45am | Chair Assisted Yoga | Studio 1 | Sunny | 8:45-9:45am | Pool Volleyball | Pool | Members | Sunday | | | |
| 9-9:45am | Strength 101 | Willow | Olga | 9-9:30am | Rowing | Studio 2 | Kevin | 9.30-10.15 am | Yoga | Studio 1 | Chris |
| 9:35-10:20am | Aqua Aerobics | Pool | Kerry | 9-9:45am | Tai Chi Chih | Studio 1 | Yuko | 10.30-11.15 am | Aqua Fit | Pool | Chris |
| 10-10:45am | Everyday Balance | Willow | Sunny | 9-9:45am | Heart Strong | Willow | Fred | 1-1.45 pm | Zumba | Studio 1 | Emmarie |
| 11-12pm | Pedal for Parkinsons | Studio 2 | Steve | 10-10:45am | PWR | Studio 1 | Kendall | Class locations are subject to change, they may be moved to accommodate other programs or class size. | | | |
| 11-11:45am | Strength & Cardio | Studio 1 | Sunny | 10-10:30am | Rowing | Studio 2 | Kevin | | | | |
| 12-12:45pm | Yoga 101 | Studio 1 | Sunny | 11:30-12:15pm | Aqua Aerobics | Pool | Chris | Email info@125livemn.org to learn more about classes, Personal Training, Small Group Training, Swimming Lessons and consultations | | | |
| 2:45-3:45pm | Pool Volleyball | Pool | Members | 2-2:45pm | Seated Strength | Studio 1 | Kendall | | | | |
| 3-4pm | Boxing | Boxing | Ken | 5-6pm | Pool Volleyball | Pool | Members | | | | |
| 4:30-5:25pm | Tai Chi | Studio 2 | Patrick | 5:30-6:15pm | Strength | Studio 1 | Jan | | | | |
| 5:30-6:15pm | Cardio Kickboxing | Studio 1 | Adeline | | | | | | | | |
| 6:30-7:15pm | Strength | Studio 1 | Adeline | | | | | | | | |

Fitness Class Descriptions

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| 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 for 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 |