

Monday				Tuesday				Wednesday			
6:15-7am	Strength/Endurance	Studio 1	Katy	6:30-7:15am	Fitness Barre	Studio 1	Katy	6:15-7am	Strength/Endurance	Studio 1	Katy
7-7:45am	Aqua Strength	Pool	Jan	7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Aqua Aerobics	Pool	Jess
8-8:45am	Pound	Studio 1	Kerry	7:55-8:25am	Aqua Cycle *registration	Pool	Kendall	7:30-8:15am	Yoga	Patio/Studio 1	Max
8-8:45am	Zumba	Willow	Emmarie	8-8:45am	Strength & Cardio	Willow	Tamsin	8-8:30am	Stand Strong	Cedar	Kevin
8-8:30am	Stand Strong	Cedar	Kevin	8-8:45am	Zumba	Studio 1	Emmarie	8-8:45am	Zumba	Willow	Tamsin
9-9:45am	Tai Chi Chih	Studio 1	Yuko	9-9:45am	Cycle	Cedar	Tamsin	9-9:45am	HeartStrong	Willow	Fred
9-9:45am	Rowing	Cedar	Kevin	9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	9-9:45am	Stretch&Tone	Studio 1	Rotation
9-9:45am	HeartStrong	Willow	Fred	9-9:45am	Strength 101	Willow	Olga	9-9:45am	Rowing & Cycle	Cedar	Kevin
10-10:45am	Cycle	Cedar	Kevin	9:30-10:15am	Aqua Aerobics	Pool	Kerry	10-10:45am	PWR	Studio 1	Olga
10-10:45am	PWR	Studio 1	Olga	10-10:45am	Everyday Balance	Willow	Katy	10:15-11am	CardioDrumming	Willow	Chris
10:15-11am	CardioDrumming	Willow	Chris	10-10:45am	EasyTai Chi Chih	Cedar	Yuko	11-11:45am	Gentle Mat Pilates	Cedar	Olga
11:15-12 pm	Cancer Fitness	Studio 1	Chris	11-12pm	Pedal for Parkinsons	Cedar	Steve	11:15-12 pm	Cancer Fitness	Studio 1	Chris
11:35-12:20pm	Aqua Aerobics	Pool	Dorothy	11-11:45am	Strength & Cardio	Studio 1	Katy	12:15-1pm	Barre	Studio 1	Katy
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	1:30-2:15pm	Chair Yoga	Cedar	Avin
2-2:45pm	Seated Strength	Studio 1	Olga	12-12:45pm	Yoga 101	Studio 1	Keiko	5:15-6pm	Cardio Dance	River	Jan
3-4pm	Boxing	Boxing	Ken	12-12:45pm	Aqua Stretch	Pool	Chris	5-5:45pm	Cycle	Cedar	Sylwia
5-5:45pm	Yoga	Cedar	Robin	12-1:45pm	Ping-Pong / Table Tennis	Willow	Members	5:30-6:15pm	Strong Nation	Studio 1	Rotation
5:30-6:15pm	Zumba	Studio 1	Adeline	1-2pm	Pool Volleyball	Pool	Members	6-6:45pm	Non-Contact Boxing	Boxing	Raphael
6-7pm	Cardio-Boxing	Boxing	Sylwia	5-5:45pm	Strength	Studio 1	Robin	6:00-6:45pm	Strength & Core	Willow	Rotation
6:30-7:15 pm	Cancer Fitness	Cedar	Katie	5:30-6:15pm	Yoga	Cedar	Max	8-8:45pm	Aqua Zumba	Pool	Katie
6:30-7:15pm	Fitness Barre	Studio 1	Adeline	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			
6:30-7:15am	Fitness Barre	Studio 1	Katy	6:15-7am	Strength/Endurance	Studio 1	Katy	8-8:45am	Cardio Dance	Willow	Jan
7-7:45am	Aqua Zumba	Pool	Jess	7-7:45am	Aqua Strength	Pool	Rotation	9-9:45am	Strength	Willow	Jan
7:55-8:25am	Aqua Cycle *registration	Pool	Kendall	8-8:30am	Stand Strong	Cedar	Kevin	10-10:45am	Boxing Non-Contact	Boxing	Raphael
8-8:45am	Strength & Cardio	Willow	Miranda	8-8:45am	Cardio Dance	Willow	Jan	12-1pm	Pool Volleyball	Pool	Members
8-8:45am	POUND	Studio 1	Kerry	8-8:45 am	Cardio Drumming	Studio 1	Darnell				
9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	8:45-9:45am	Pool Volleyball	Pool	Members	Sunday			
9-9:45am	Strength 101	Willow	Olga	9-9:45am	Tai Chi Chih	Studio 1	Yuko	9.30-10.15 am	Yoga	Cedar	Chris
9:30-10:15am	Aqua Aerobics	Pool	Kerry	9-9:45am	Rowing	Cedar	Kevin	10.30-11.15 am	Aqua Fit	Pool	Chris
10-10:45am	Everyday Balance	Willow	Katy	9-9:45am	Heart Strong	Willow	Fred				
11-12pm	Pedal for Parkinsons	Cedar	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	Katy	10-10:45am	Cycle	Cedar	Kevin				
12-12:45pm	Yoga	Studio 1	Chris	12:15-1pm	Barre	Studio 1	Katy				
12-1:45pm	Ping-Pong / Table Tennis	Willow	Members	11:35-12:15pm	Aqua Aerobics	Pool	Chris				
2:45-3:45pm	Pool Volleyball	Pool	Members	2-2:45pm	Seated Strength	Studio 1	Sue	Email info@125livemn.org to learn more about classes, Personal Training, Small Group Training, Swimming Lessons and consultations.			
3-4pm	Boxing	Boxing	Ken	5-6pm	Pool Volleyball	Pool	Members				
4:30-5:25pm	Tai Chi	Cedar	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 Description

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
Strength/Endurance- 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- This total body workout using 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