

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

### Fitness Class Descriptions

<b>Aqua Fit-</b> 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.
<b>Aqua Strength-</b> Pool weights, noodles and kickboards are used as resistance tools to build strength and improve muscle tone
<b>Aqua Zumba-</b> 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
<b>Aqua-Aerobics-</b> Low impact, and joint friendly dance and equipment based pool class with music movement at it's core.
<b>Boxing Non-Contact-</b> This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations
<b>Cancer Survivor Fitness-</b> Supportive workout group dedicated to regaining strength, mobility, balance and range of motion due to cancer treatments or surgeries
<b>Cardio Dance</b> - Cardio workout choreographed to music!
<b>Cardio Drumming-</b> Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
<b>Cardio Kickboxing-</b> a music driven workout combining kicks, blocks and punches to create a moderate to high intensity cardio class
<b>Cardio-Boxing-</b> 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.
<b>Cycle-</b> an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heartrate soaring, choose between an upright or recumbent bike
<b>Dance-</b> 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.
<b>Everyday Balance-</b> work on improving your balance, posture and core strength in a variety of strengthening and lengthening exercises
<b>Fitness Barre-</b> a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training, lower weights, higher repetitions
<b>Functional Strength</b> - Exercise focused on incorporating functional movements from daily life.
<b>Gentle Mat Pilates</b> - Designed to improve physical strength, flexibility, and posture
<b>HeartStrong-</b> 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
<b>Kettlebells-</b> Low impact high intensity strength and conditioning using a kettlebell as your resistance tool
<b>Pedal for Parkinsons-</b> Steady state cardio class designed and created for those living with PD and other neuro differences
<b>Pilates Fusion-</b> This fusion class combines traditional mat Pilates movements of barre, yoga, strength, and calisthenics to increase strength, muscular endurance, balance, and flexibility.
<b>Pool Volleyball-</b> Member led aquatic volleyball. Fun activity for all levels.
<b>POUND-</b> Music driven total body workout using lightly weighted Ripstix (drumsticks)
<b>PWR- Parkinson's Wellness Recovery-</b> Sports fitness and more traditional activities such as strength, agility, balance, coordination and flexibility, designed fo Parkinson's
<b>Restorative Yoga</b> - Longer held poses using props to assist with relaxation and recovery
<b>Rock Steady Boxing-</b> Evidence based wellness program for individuals with Parkinson's Diseaseor other neurological conditions, this class is done with a boxing theme
<b>Rowing-</b> Low impact, varied intensity, exercise using rowing machines for a total body workout
<b>Seated Strength-</b> modified strength training made for beginning exercisers and those needing extra support
<b>Stand Strong-</b> evidence based exercises specifically designed to prevent falls and improve balance and stability while increasing strength and flexibility
<b>Strength &amp; Cardio</b> - Aerobic and strength based class for most all levels.
<b>Strength &amp; Core</b> - Strength based exercises with a focus on core strength and stability.
<b>Strength 101-</b> beginner friendly and suited for the regular exerciser, build strength by using various resistance tools including dumbbells, bands, balls and even your own body
<b>Strong ENERGY-</b> total body workout using fitness balls, weights, bands and body wiehgt as resistance. This workout includes standing and floor work
<b>Strength-</b> Strength exercises; squats, presses, curls combine to create a total body workout using various resistance tools including dumbbells, bands, balls and body weight
<b>Stretch &amp; Tone Yoga</b> - Gentle full range of motion yoga flow.
<b>Strong Nation-</b> This total body workout using body weight to create a high intensity workout of conditioning, strength and plyometrics.
<b>Tai Chi Chih-</b> gently flowing moving meditation to help with pain management and daily stress reduction
<b>Easy Tai Chi</b> - Perfect for beginners! Work on your balance and range of motion exercises
<b>Upper Body / Lower Body Strength</b> - Moderate to high intesity standing strength program
<b>Yoga 101-</b> Traditional yoga postures are practiced then linked together to create basic flows for those new to yoga
<b>Yoga-</b> enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques
<b>Yoga II-</b> Vinyasa flow with chatarungas; more intense core work; emphasizing breath control through more challenging poses.
<b>Yoga(chair assisted)-</b> yoga postures modified and practiced while seated in a chair, learn deep breathing techniques while increasing your strength and flexibility
<b>Zumba-</b> A fun dance workout where you can learn routines with exciting music while increasing your cardio capacity and agility