

125 LIVE December 1-18 2024 Fitness Schedule

| 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 | Stacy | 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 | Miranda | 7:30-8:15am | Yoga | 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 | Katy |
| 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 | Members | 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 | 5-5:45pm | Cycle | Cedar | Sylwia |
| 3-4pm | Boxing | Boxing | Kris | 12-12:45pm | Aqua Stretch | Pool | Chris | 5:15-6pm | Cardio Dance | River | Jan |
| 5-5:45pm | Yoga | Cedar | Max | 1-2pm | Pool Volleyball | Pool | Members | 5:30-6:15pm | Strong Nation | Studio 1 | Rotation |
| 5:30-6:15pm | Zumba | Studio 1 | Robin | 12-1:45pm | Ping-Pong / Table Tennis | Willow | Members | 6-6:45pm | Strength & Core | Willow | Kris |
| 6-7pm | Cardio-Boxing | Boxing | Sylwia | 5-5:45pm | Strength | Studio 1 | Robin | 6-6:45pm | Non-Contact Boxing | Boxing | Raphael |
| 6:30-7:15pm | Fitness Barre | Studio 1 | Katy | 5:30-6:15pm | Yoga | Cedar | Max | 8-8:45pm | Aqua Zumba | Pool | Katie |
| 8-8:45pm | Aqua Zumba | Pool | Katie | 5:30-6:15pm | Boxing Non-Contact Fit | Boxing | Raphael | | | | |
| | | | | 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 | Jan | 9-9:45am | Strength | Willow | Jan |
| 7:55-8:25am | Aqua Cycle *registration | Pool | Miranda | 8-8:30am | Stand Strong | Cedar | Kevin | 10-10:45am | Boxing Non-Contact | Boxing | Raphael |
| 8-8:45am | Strength & Cardio | Willow | Kris | 8-8:45am | Cardio Dance | Willow | Jan | 12-1pm | Pool Volleyball | Pool | Members |
| 8-8:45am | POUND | Cedar | 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 | | | | |
| 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 | Members | 10-10:45am | PWR | Studio 1 | Sue | | | | |
| 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 | Rotation | | | | |
| 2:45-3:45pm | Pool Volleyball | Pool | Members | 2-2:45pm | Seated Strength | Studio 1 | Sue | | | | |
| 3-4pm | Boxing | Boxing | Kris | 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 | Kris | | | | | | | | |
| 6:30-7:15pm | Strength | Studio 1 | Kris | | | | | | | | |

Sunday

Class locations are subject to change, they may be moved to accommodate other programs or class size.

Email info@125livemn.org to learn more about classes, personal training, small group training, swimming lessons, consultations, and equipment orientations.

| 2024 Fitness Schedule | | | | | | | | | | | |
|---|--------------------------|----------|---------|---|--------------------|----------|---------|------------------------|--------------------------|----------|---------|
| Thursday, Dec. 19 | | | | Friday, Dec. 20 | | | | Saturday, Dec. 21 | | | |
| 6:30-7:15am | Fitness Barre | Studio 1 | Katy | 6:15-7am | Strength/Endurance | Studio 1 | Katy | 8-8:45am | Cardio Dance | Willow | Jan |
| 8-8:45am | Strength & Cardio | Willow | Kris | 7-7:45am | Aqua Strength | Pool | Jan | 9-9:45am | Strength | Willow | Jan |
| 8-8:45am | POUND | Cedar | Kerry | 8-8:30am | Stand Strong | Cedar | Kevin | 10-10:45am | Boxing Non-Contact | Boxing | Raphael |
| 9-9:45am | Chair Assisted Yoga | Studio 1 | Keiko | 8-8:45am | Cardio Dance | Willow | Jan | 12-1pm | Pool Volleyball | Pool | Members |
| 9-9:45am | Strength 101 | Willow | Olga | 8-8:45 am | Cardio Drumming | Studio 1 | Darnell | Sunday, Dec. 22 | | | |
| 9:30-10:15am | Aqua Aerobics | Pool | Kerry | 8:45-9:45am | Pool Volleyball | Pool | Members | 10:30-11:15 | Pool Volleyball | Pool | Members |
| 10-10:45am | Everyday Balance | Willow | Katy | 9-9:45am | Tai Chi Chih | Studio 1 | Yuko | | | | |
| 11-12pm | Pedal for Parkinsons | Cedar | Members | 9-9:45am | Rowing | Cedar | Kevin | | | | |
| 11-11:45am | Strength & Cardio | Studio 1 | Katy | 9-9:45am | Heart Strong | Willow | Fred | | | | |
| 12-12:45pm | Yoga | Studio 1 | Chris | 10-10:45am | PWR | Studio 1 | Sue | | | | |
| 12-1:45pm | Ping-Pong / Table Tennis | Willow | Members | 10-10:45am | Cycle | Cedar | Kevin | | | | |
| 2:45-3:45pm | Pool Volleyball | Pool | Members | 12:15-1pm | Barre | Studio 1 | Katy | | | | |
| 3-4pm | Boxing | Boxing | Kris | 2-2:45pm | Seated Strength | Studio 1 | Sue | | | | |
| 4:30-5:25pm | Tai Chi | Cedar | Patrick | 5-6pm | Pool Volleyball | Pool | Members | | | | |
| 5-5:45pm | Strength & Cardio | Studio 1 | Kris | 5:30-6:15pm | Strength | Studio 1 | Jan | | | | |
| Monday, Dec. 23 | | | | Tuesday, Dec. 24 **Special Classes** | | | | Thursday, Dec. 26 | | | |
| 6:15-7am | Strength/Endurance | Studio 1 | Katy | 8am | Zumba | Willow | Kim | 6:30-7:15am | Fitness Barre | Studio 1 | Katy |
| 7-7:45am | Aqua Strength | Pool | Stacy | 9am | Strength & Cardio | Studio 1 | Kris | 8-8:45am | Strength & Cardio | Willow | Kris |
| 8-8:45am | POUND | Studio 1 | Kerry | 10am | Yoga | Studio 1 | Keiko | 8-8:45am | POUND | Cedar | Kerry |
| 8-8:45am | Zumba | Willow | Kim | Wednesday, Dec. 25 | | | | 9-9:45am | Chair Assisted Yoga | Studio 1 | Keiko |
| 8-8:30am | Stand Strong | Cedar | Kevin | Happy Holidays! 125 LIVE is <u>CLOSED</u> | | | | 9:30-10:15am | Aqua Aerobics | Pool | Kerry |
| 9-9:45am | Rowing | Cedar | Kevin | | | | | 10-10:45am | Everyday Balance | Willow | Katy |
| 9-9:45am | HeartStrong | Willow | Fred | | | | | 11-12pm | Pedal for Parkinsons | Cedar | Members |
| 10-10:45am | Cycle | Cedar | Kevin | | | | | 11-11:45am | Strength & Cardio | Studio 1 | Katy |
| 11:35-12:20pm | Aqua Aerobics | Pool | Dorothy | | | | | 12-1:45pm | Ping-Pong / Table Tennis | Willow | Members |
| 12-12:55pm | Ping-Pong w' Parkinson's | Willow | Members | | | | | 2:45-3:45pm | Pool Volleyball | Pool | Members |
| 1:15-2:15pm | Pool Volleyball | Pool | Members | | | | | 3-4pm | Boxing | Boxing | Kris |
| 3-4pm | Boxing | Boxing | Kris | | | | | 5-5:45pm | Strength & Cardio | Studio 1 | Kris |
| 6-7pm | Cardio-Boxing | Boxing | Sylwia | | | | | | | | |
| Friday, Dec. 27 | | | | | | | | Saturday, Dec. 28 | | | |
| 6:15-7am | Strength/Endurance | Studio 1 | Katy | 8-8:45am | Cardio Dance | Willow | Jan | 7-7:45am | Aqua Strength | Pool | Jan |
| 7-7:45am | Aqua Strength | Pool | Jan | 9-9:45am | Strength | Willow | Jan | 8-8:45am | POUND | Studio 1 | Kerry |
| 8-8:30am | Stand Strong | Cedar | Kevin | 10-10:45am | Boxing Non-Contact | Boxing | Raphael | 8-8:45am | Zumba | Willow | Kim |
| 8-8:45am | Cardio Dance | Willow | Jan | 12-1pm | Pool Volleyball | Pool | Members | 8-8:30am | Stand Strong | Cedar | Kevin |
| 8-8:45 am | Cardio Drumming | Studio 1 | Darnell | Sunday, Dec. 29 | | | | 9-9:45am | Rowing | Cedar | Kevin |
| 8:45-9:45am | Pool Volleyball | Pool | Members | 10:30-11:15 | Pool Volleyball | Pool | Members | 9-9:45am | HeartStrong | Willow | Fred |
| 9-9:45am | Rowing | Cedar | Kevin | New Years Day Wednesday, Jan. 1 9am Heart Strong w' Fred 10am Cardio-Drumming w' Jan 11am Aqua Zumba w' Katie | | | | 10-10:45am | Cycle | Cedar | Kevin |
| 9-9:45am | Heart Strong | Willow | Fred | | | | | 11:35-12:20pm | Aqua Aerobics | Pool | Dorothy |
| 10-10:45am | PWR | Studio 1 | Sue | | | | | 12-12:55pm | Ping-Pong w' Parkinson's | Willow | Members |
| 10-10:45am | Cycle | Cedar | Kevin | | | | | 1:15-2:15pm | Pool Volleyball | Pool | Members |
| 2-2:45pm | Seated Strength | Studio 1 | Sue | | | | | 2-2:45pm | Seated Strength | Studio 1 | Kris |
| 5-6pm | Pool Volleyball | Pool | Members | | | | | 3-4pm | Boxing | Boxing | Kris |
| 5:30-6:15pm | Strength | Studio 1 | Jan | | | | | 5-5:45pm | Strength & Cardio | Studio 1 | Kris |
| Tuesday, Dec. 31 **Special Classes** | | | | | | | | 6-7pm | Cardio-Boxing | Boxing | Sylwia |
| 8am | Aqua Zumba | Pool | Jess | | | | | | | | |
| 9am | Heart Strong | Willow | Fred | | | | | | | | |
| 10am | Yoga | Studio 1 | Keiko | | | | | | | | |