



POTTERY AND ART CLASSES

Acrylic Painting: Wild Flowers in the Spring

1:30-3pm, Wednesday, February 5

Paint two scenes of springtime wildflowers on two 5x7-inch Bristol art paper. Materials are provided and you will be guided on how to paint every step of the way. No experience is necessary.

Instructor: Mona Arcega

\$40 social member | \$52 fitness & nonmember

Register by February 3.

Intro to Wheel Part I

5:30-7:30pm, Wednesdays, February 5, 12, 19, 26

This four-week class covers basic wheel-throwing techniques. The studio provides practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. You will work on centering and throwing cylinders, bowls, and bottles. No prior experience is required.

Instructor: Carolyn Real

\$100 social member | \$115 fitness & nonmember

Register by February 3.

Valentine Gnome

5:30pm-7pm Thursdays, February 6

Create an adorable, hand-built clay gnome with a charming Valentine theme. This class combines fun, creativity, and hands-on learning, making it ideal for beginners looking to make a unique holiday keepsake.

Artist: Janelle Forsthofer

\$45 social member | \$57 fitness & nonmember

Register by February 3.

Beyond the Basics

10am-12pm Saturdays, February 8, 15, 22, & March 1

If you've completed 125's Beginning Wheel Pt. 1 & 2 (or equivalent) and want to learn more. If you can center, open and pull a nice cylinder or small bowl, however you'd like to pull taller, larger and thinner, then this class is for you!

During this course we will cover techniques to:

- pull taller while managing wall and rim thickness,
- use your hands and tools to shape your piece, texture, trim and foot.

- Time allowing, we will also cover glazing and the basics of making lids.

Requirements: The ability to center, open, and pull a cylinder 3-4 inches tall.

Instructor: Jeff Jones

\$125 social members | \$141 fitness & nonmembers

Register by February 4.

Acrylic Painting: Wild Flowers in the Spring

10-11:30am, Saturday, February 8

Paint two scenes of springtime wildflowers on two 5x7-inch Bristol art paper. Materials are provided and you will be guided on how to paint every step of the way. No experience is necessary.

Instructor: Mona Arcega

\$40 social members | \$52 fitness & nonmembers

Register by February 6.

Intro to Wheel Part II

6-8pm, Tuesdays, February 11, 18, 25, and March 4

This four-session class builds on Wheel Part 1. We will work on throwing mugs with handles, cover jars with lids and decorating pieces. You will be able to fire and keep some work. Materials included: 25lbs of clay. **Prerequisite: Intro to Wheel Part I.**

Instructor: Spencer R. Johannes

\$170 social members | \$188 fitness and nonmember

Register by February 8.

Ladies Mud & Wine

10-11:30am, Sunday, February 16

Indulge in creativity with our "Ladies Mud and Wine" pottery class! This beginner's throwing class is open to all levels. Join us for a fun and relaxed experience where you can get your hands dirty while enjoying some wine. Discover the joy of creating pottery from scratch with friends.

Instructor: Anna Glenski-Kjose

\$45 social | \$57 fitness & nonmembers

Register by February 13.

Lidded Jar Creation

6-8pm, Thursday, February 20

Discover the art of crafting functional and beautiful lidded jars in this engaging class! You'll learn hand-building techniques to create a custom jar with a perfectly fitting lid.

Instructor: Anna Glenski-Kjose

\$45 social members | \$57 fitness & nonmembers

Register by February 17.

Ladies Mud & Wine

4:30-6pm, Saturday, March 1

Indulge in creativity with our "Ladies Mud and Wine" pottery class! This beginner's throwing class is open to all levels. Join us for a fun and relaxed experience where you can get your hands dirty while enjoying some wine. Discover the joy of creating pottery from scratch with friends.

Instructor: Anna Glenski-Kjose

\$45 social | \$57 fitness & nonmembers

Register by February 25.

SOCIAL CLASSES

Something Special is in the works for Valentine's Day.

Check back for details on our Valentines Day event.

Date and time TBD.

AARP Driver Safety

9am-1pm, Wednesday, January 8

Take the AARP Smart Driver™ classroom course and you could save on your car insurance! Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way, and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

Instructor: Steve Sturm, AARP

\$25 social member | \$30 fitness & nonmember

Register by January 6.

Secure Your Legacy: A Will, Trust, and Probate Crash Course

6-7pm, Wednesday, January 8

Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating how your assets are distributed. Take control of your legacy with our Will, Trust, and Probate class. Join us and start building your legacy today!

All are welcome! \$100 off will or trust for 125 Live Members

Presenter: Yanowitz Law Firm

Free social member | \$5 fitness member | \$10 nonmember

Register by January 7.

Friends of Storyworth (FOS)

10:00am-12pm, Wednesdays, January 8-29

We're modernizing the process of writing our life stories using an easy, online program called Storyworth. It's as simple as writing an email. The final product from Storyworth is a hardbound book written by you! Writers sign up online with Storyworth at storyworth.com to begin the year-long process whenever they want to begin writing. Every other month, on odd-numbered months, writers meet once a week during the month for motivation, inspiration, technical support, organizational help, and, best of all, a place to share stories by reading them out loud. During the even-numbered months, writers are on their own to write their stories, and then re-join the community the next month to share those stories. Memoirists who have already written their stories can easily incorporate them into Storyworth. Jane Iddings, an experienced writing teacher and Memoir Midwife, joyfully facilitates the Storyworth process.

Instructor: Jane Iddings.

\$10 social members | \$20 non-social members

Register by January 7.

Introduction to Medicare

12:30-1:30pm, Thursday, January 9

Who should attend? People who are eligible now or will be eligible for Medicare. People who want to know about the basics of Medicare. Caregivers or supporters of Medicare beneficiaries. People who are interested in learning about Medicare Supplemental Insurance, Medicare Advantage Plans, and Medicare Prescription Drug Plans.

Presenter: John Kelly

Free social member | \$5 fitness member | \$10 nonmember

Register by January 8.

Secure Your Legacy: A Will, Trust, and Probate Crash Course

9am-10am, Friday, January 10

Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating how your assets are distributed. Take control of your legacy with our Will, Trust, and Probate class. Join us and start building your legacy today!

All are welcome! \$100 off will or trust for 125 Live Members

Presenter: Yanowitz Law Firm

Free social member | \$5 fitness member | \$10 nonmember

Register by January 9.

Rochester Clinic/Lotus Health Foundation Presents: New Year, New You: Jumpstart 2025 with Whole Food Plant-Based Nutrition and Fasting for Total Wellness

10-11am, Monday, January 13

Kick off the new year with a fresh approach to health in "New Year, New You: Jumpstart 2025 with Whole Food Plant-Based Nutrition and Fasting for Total Wellness." This presentation focuses on recovering from holiday indulgences and setting up a sustainable lifestyle that promotes weight loss, energy, and overall wellness throughout the year. Participants will discover the science behind whole food plant-based nutrition as a foundation for health, as well as the powerful role of autophagy in cellular renewal and detoxification.

The session will introduce the Fasting Mimicking Diet (FMD) as an approachable way to stimulate autophagy, improve metabolic health, and achieve weight management goals without restrictive dieting. A live cooking demonstration will showcase simple, nutrient-packed recipes, empowering attendees to begin the year with delicious, satisfying meals that support lasting health and vitality.

Free social member | \$5 fitness member | \$10 nonmember

Register by January 12.

SOCIAL CLASSES

Mayo Clinic Dietetic Talks: Nourish to Flourish: Fueling Your Brainpower

6-7pm, Monday, January 13

Join Samantha Toy, dietetic intern at Mayo Clinic, for a fun and engaging session on nutrition and brain health. Samantha will discuss foods and nutrients that help improve and maintain cognitive function. There will also be recipes provided so that you can incorporate these foods into your everyday life!

Free social member | \$5 fitness member | \$10 nonmember

Register by January 12.

Where Do I Go Now? Housing Alternatives

10-11am, Tuesday, January 14

Join Jim to learn about the housing alternatives for seniors within our community. He will discuss condos, townhomes, cooperatives, independent living, assisted living, and more. Whether it is for you, an aging parent, family member or friend that can no longer stay in their home, attend Jim's class and learn about your options.

Instructor: Jim Miner

Free social member | \$5 fitness member | \$10 nonmember

Register by January 13.

Introduction to Pickleball

12:30-1:30pm, Tuesdays, January 14, 21 **AND**

Thursdays, January 16 and 23 **OR**

12:30-1:30pm, February 17, 18, 19, 20

Join the pickleball craze and embark on a 4 lesson journey to master the fundamentals of this exciting paddle sport. This comprehensive class covers everything from the rules and scoring to court positioning, shot selection, and game strategy. Don't worry if you don't have a paddle; they will be provided for you. Wear comfortable athletic clothing and shoes as you delve into pickleball. Get ready for an engaging and fun learning experience!

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

Register by January 13.

Forté Open House

11am-1pm, Tuesday, January 14

Forté is a new vibrant apartment home community in Rochester designed for seniors 55+ who want to enjoy a connected lifestyle. Join us for a tour, open house and light lunch. Meet at 125 lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat.

Free and open to the public.

Register by January 13.

Rochester Garden and Flower Club- Happy Plants Make Happy Gardeners

1-2pm, Tuesday, January 14

Dreaming and planning your spring garden beds in January is a fantastic way to set yourself up for success when warmer weather arrives. Learn to explore various sources available online. Bring your smartphone, a list of plants you were disappointed with this year's performance, and the amount of sun in your garden beds. Karen, a longtime member of the Rochester Garden and Flower Club, will share her insight, recommendations and answer your questions for next year's growing season.

Presenter: Karen Noltee, RG&FC member

Free social member | \$5 fitness member | \$10 nonmember

Register by January 13.

Basics of West Coast Swing

5:45-7pm, Tuesday, January 14, 21, 28 **OR**

5:45-7pm, Tuesday, February 4, 11, 18, 25

West Coast Swing is a partnered Swing Dance, similar to its parent dance of Lindy Hop, but slowed wayyy down! WCS can be danced just about anywhere to any type of music. No partner or experience is needed to join and try this amazing dance out!

\$49 social & fitness members | \$59 nonmembers

Register by January 13 or February 3 respectively.

Nutrition Strategies for Joint, Muscle, & Bone Health

10-11am, Wednesday, January 15

Join Dr. Nate Skare on how our modern diets can trigger chronic inflammation, facilitating accelerated aging, compromised immune systems, and deterioration in joint health. We will explore how to prevent these issues to live a longer, healthier life through optimal nutrition choices.

Presenter: Dr. Nate Skare

Free social member | \$5 fitness member | \$10 nonmember

Register by January 14.

Senior Planet: Getting to Know Your Smartphone

10-11:15am, Thursday, January 16

Smartphones are full of useful features that can help you make the most of today's digital world. Although all smartphones vary based on their operating system, model, and brand, most of them share the same basic characteristics and function in similar ways. In this workshop, we'll cover some of the essential features and capabilities of your smartphone

Instructor: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember

Register by January 15.

POTTERY AND ART CLASSES

Basic Oil Painting

1-3pm, Tuesdays, January 14- February 18 **OR**

6:30-8:30pm, Tuesdays, January 14-February 18

Learn the basics of working with oils. Sketching out your painting, how to apply paint to the canvas, different painting mediums, mixing colors and brush care. If you made a canvas in my previous class, you can bring it along or purchase your own at Hobby Lobby or Michaels. Any size up to 30"x40". You choose the subject, working from a photo is best unless you choose to do an abstract.

Instructor: Julie Johns

\$160 social members | \$178 fitness & nonmembers

Register by January 12.

Cozy Mug

1-3pm, Wednesday, January 15 **OR**

5:30-7:30pm, Wednesday, January 22

This mug will be your favorite to cozy up with on a cold winter night. We are making a hand built mug that will keep your hands warm and is easy to hold. Your piece will be glazed and fired before available for pickup.

Instructor: Carolyn Real

\$40 social members / \$52 fitness and nonmembers

Register by January 13 or January 20 respectively.

Watercolor Technique on Clay

5:30pm-7pm Friday, January 17

Explore the unique and delicate art of applying watercolor effects using glaze on a finished ceramic piece. This hands-on class blends the fluidity and the softness of watercolor painting resulting in a beautifully expressive design.

Artist: Janelle Forsthoffer

\$45 social members | \$57 fitness and nonmembers

Register by January 15.

Beginning to Clay

7-8:30pm, Mondays, January 20 - February 10

Discover the joy of working with clay in our four-week class, "Beginning to Clay". Explore hand-building for two days and wheel throwing for two days in a supportive environment perfect for beginners. Unleash your creativity and create pottery masterpieces. Join us for a fun and enriching journey with clay. Each participant will make one hand-built cup and one wheel-thrown bowl.

Instructor: Anna Glenski KJose

\$170 social members | \$188 fitness and nonmember

Register by January 16.

Swirl Bowl

9-11am, Saturday, January 25

Join us for a fun and creative class where you'll hand-build chip bowl! In this session, you'll learn techniques to shape and swirl clay, resulting in a one-of-a-kind bowl perfect for serving snacks or displaying on your table. All skill levels are welcome, and materials will be provided. Enjoy a relaxing time and leave with a personalized piece to brighten your home!

Artist: Anna Glenski-KJose

\$45 social members | \$57 fitness & nonmembers.

Register by January 22.

Hearts, Wine and Chocolate

5:30-7:30pm, Wednesday, January 29

Get ready for Valentines with a treat. Come make a heart dish as you enjoy wine and chocolate. Create a textured heart dish from heart shapes you cut out. Use it as a candy dish or give it to someone you "heart". Open to ages 18+. Wine will only be served to 21+ with an ID. Nonalcoholic beverages are also available. It will be glazed and ready to pick up after it is fired.

Instructor: Carolyn Real

\$55 social member | \$68 fitness & nonmember

Register by January 27.

Multi-Generational: Little Sweethearts

2:30-3:30pm, Sunday, February 2

Join our "Little Sweethearts" multi-generational Valentine's themed pottery class! All ages 5 and up are welcome to explore the joy of hand-building and painting. It's a creative adventure for adults and kids alike. Unleash your inner artist and craft beautiful Valentine's-themed pottery together. This class is designed for an adult and child to take together but all are welcome. **(PRICE PER PAIR)**

Instructor: Anna Glenski KJose

\$45 social member | \$57 fitness & nonmember

Register by January 30.

Intro to Wheel Part I

10am-12pm, Tuesdays, February 4, 11, 18, 25

This four-week class covers basic wheel-throwing techniques. The studio provides practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Tom Sandoe

\$100 social members | \$115 fitness & nonmembers

Register by February 3.

January - February Events 2025

SPECIALITY FITNESS CLASSES

Movement is Medicine

1-1:50pm, Tuesday and Thursday, January 7-30

Class will include movements that will help improve strength, stability, mobility, flexibility, and hand eye coordination. No floor exercises.

Personal Trainer: Katy Hetland

\$60 fitness member | \$85 social member | \$110 nonmember

Register by January 6.

Seated Dance

11-11:45am | Friday, February 7

Seated dance class offers a fun and energizing way to move to music while remaining in a chair, making it accessible for all levels and abilities. It combines rhythmic exercises, stretching, and creative movements to improve flexibility, coordination, and overall well-being.

Instructor: Sue Postier

Free fitness members | \$5 social member | \$10 nonmember

Register by February 6.

Aqua-Cycle Class

1:15-1:45pm, Tuesdays & Thursdays

Starts January 7 - February 13 OR

7:55am-8:25am, Tuesdays & Thursdays

January 14 - February 20

An aqua cycle class is a high-energy, low-impact workout that takes place in the water, combining cycling with the resistance of water to tone muscles and improve cardiovascular health. Participants pedal on stationary bikes submerged in the pool, benefiting from the buoyancy of water to reduce strain on joints while still achieving a full-body workout.

Join us in the warm-water pool for 30 minutes of interval training on the aqua cycle bikes!

Instructor: Miranda

\$55 Fitness Members | \$68 Nonmembers

Register by January 13

POTTERY AND ART CLASSES

Intro to Wheel Part I

10am-12pm, Tuesdays, January 7, 14, 21, 28

This four-week class covers basic wheel-throwing techniques. The studio provides practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Tom Sandoe

\$100 social members | \$115 fitness & nonmembers

Register by January 6.

Learn to Stretch an Artist Canvas

1-3pm Tuesday, January 7

Learn to build a wooden stretcher, stretch and gesso canvas in preparation to paint. If you sign up for Basic Oil Painting you can use your canvas in that class. Build up to a 30"x40" canvas. Materials provided.

Instructor: Julie Johns

\$60 social members | \$70 fitness & nonmember

Register by January 2.

Anyone Can Throw

7-8:30pm, Friday, January 10 OR

7-8:30pm, Thursday, January 23

Discover the world of pottery in our "Anyone Can Throw" adult class! Whether you're a beginner or experienced, all levels are welcome. Join us for a hands-on experience and learn the fundamentals of pottery throwing. Unleash your creativity and create unique pieces with your own two hands

Artist: Anna Glenski-Kjose

\$45 social members | \$57 fitness & nonmembers.

Register by January 7 OR January 20 respectively.

Spin My Clay Right Round

6:45pm-8:45pm, Monday, January 13

This class is for someone who may want to learn the ancient art of pottery, but may have unresolved commitment issues. Come try a one night class that is focused on the basics of wheel throwing (like the movie ghost, but no teaching as hands on as that. Come try it and see if its something you'd like to pursue. The focus of the class is to introduce people to this practice and friends tend to be more than usable pottery.

Instructor: Dan Plaisance

\$60 social members | \$73 non-social members

Register by January 10.

January- February Events 2025

SOCIAL CLASSES

Transitioning to a Resilient & Sustainable Future

1-2pm, Thursday January 16

Our world is facing unprecedented social, economic, and ecological risks resulting from extreme growth over the past 100 years. This extreme growth is called by many experts "The Great Acceleration" and is wholly unsustainable. Our society is beginning to unravel as we reach the Limits to Growth and we are unprepared for the impacts of this. How we respond to this unraveling will affect everyone and everything. Understanding the "how and why" informs future pathways, and where our efforts could likely prevail.

Presenter: Ivan Idso

Free for social member | \$5 fitness member | \$10 non-member

Register by January 15.

Exploring the Wines of Spain

3:30-5pm, Saturday, January 18th

We will explore wines from all over Spain and get a better understanding of how Spanish wines are labeled. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 social member | \$36 fitness & nonmember

Register by January 13.

Aging in Place

1-2pm, Monday, January 20

Are you one of the 93% of adults aged 55+ who believe that aging in place is essential for a happy and healthy life? If so, you're in the right place! I understand that aging in place is a cherished goal, but achieving it requires careful planning, patience, and a bit of know-how. We will cover how to navigate the ins and outs.

Presenter: Laurie Mangan

Free social members | \$5 fitness members | \$10 non-members

Register by January 18.

Three Misconceptions about Estate Planning that Leave a Mess

11am-12pm, Tuesday, January 21

Join Attorney Jen Gumbel to learn common incorrect beliefs many have about estate planning. You'll learn the role of wills, trusts and when probate happens.

Presenter: Jen Gumbel, Wagner Oehler, LTD.

Free social members | \$5 fitness member | \$10 non-member

Register by January 20.

Stressed, frazzled, exhausted ? No time for us? What has happened to our culture? How to survive and thrive in our hyper caffeinated techno driven world.

1-2pm, Tuesday, January 21

Dr. Creagan will share with us the toxicity of being always connected, on the grid, and riveted to our tablets and cell phones. And how these digital demons of distractions can siphon off our humanity if we are not vigilant.

Presenter: Dr. Ed Creagan

\$5 social members | \$10 fitness members | \$20 nonmembers

Register by January 20.

Brain Games: How to Get Started

1-2pm, Wednesday, January 22

Dive into the world of brain games and unlock the secrets to keeping your mind sharp! This introductory class is designed to guide you through the basics of stimulating cognitive activities utilizing your phone or tablet. Whether you're looking to enhance memory, boost problem-solving skills, or simply enjoy fun and engaging mental challenges, this class is the perfect starting point. No prior experience is necessary—just bring your phone, tablet, and your curiosity and a willingness to learn!

Instructor: Cheryl Thode and Mary Haugen

\$5 social members | \$10 fitness members | \$20 nonmembers

Register by January 21.

Olmsted Medical Center Presents: Infectious Diseases

11am-12pm, Thursday, January 23

Come to this informative class on infectious diseases with Dr. El Helou. Learn about the most common infectious diseases, how to prevent getting sick and how best to treat them. Gain valuable knowledge to stay healthy in the new year.

Presenter: Dr. El Helou

Free social member | \$5 fitness member | \$10 nonmember

Register by January 22.

New Rules in Real Estate

10-11am, Saturday, January 25

Most people will buy or sell residential property sometime in their life. Did you know all 50 states are under new rules for buyers, sellers, and Realtors®. This includes, but is not limited to, how brokers/agents will be paid, what strategies sellers might use, and what strategies buyers might use. Information, planning, and understanding options are more critical for all parties than ever. Attend this class before talking to a real estate agent.

Instructor: Jim Miner

Free social member | \$5 fitness member | \$10 nonmember

Register by January 24.

January - February Events 2025

SOCIAL CLASSES

Senior Planet: Gmail Tips and Tricks (Using the Gmail App)

10-11:15am, Tuesday, January 28

Go beyond sending and receiving and learn how to spruce up your emails with some of these popular Gmail features. When writing emails in a professional context, you must communicate clearly and effectively. Luckily, Gmails formatting tools can help you do just that!

Instructor: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember

Register by January 27.

Easy Home Repairs

1-2pm, Wednesday, January 29

Do you wish you could hang a picture on the wall, fix that leaky faucet, a squeaky hinge, or other small repairs around your house? Join Chris, home repair extraordinaire, to learn some easy, quick fixes or tricks you can do yourself, so you don't need to call a repairman.

Presenter: Chris Sellner, owner Sellner Home Repair

Free social members | \$5 fitness members | \$10 nonmember

Free social members | \$5 fitness members | \$10 nonmember

Register by January 28.

Let's Discuss Mobility with Dr. Curran

10-11am, Wednesday, February 5

Welcome Dr. Curran to 125 LIVE. He will talk about mobility and how it applies to different body parts. Join this educational class to learn why mobility is important, how it benefits ourselves and our body systems.

Presenter: Dr. Levi Curran

Free social member | \$5 fitness member | \$10 nonmember

Register by February 4.

Travel Show with Collette Travel: Sunny Portugal and South Pacific Wonders

10-11am, Wednesday, February 5

Want to travel, but don't want the hassle of planning all the logistics and activities for the vacation? In this free informational session you will learn about upcoming travel opportunities to Portugal and Australia and New Zealand. During the show you will learn who Collette Travel is, what a guided tour is, and walk through the day by day of the trips that are being offered as well as how to sign up for your next vacation. Stop in to pick-up a trip flyer for more details! Free and open to the public.

Register by February 4.

Rochester Symphony Presents: The Sound of Fate

2-3pm Thursday, February 6, 2025

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen), as she shares her insight into Tchaikovsky's Symphony No. 5. Learn about Tchaikovsky's battle with fate represented in the music and how he takes the listener on a heroic journey through an ominous beginning, a stirring middle, and victorious conclusion. Through music clips and stories, Maestro Lin shares the history and musical elements that will enrich your understanding of classical music and the listening experience. Musical selections will focus on those included in Rochester Symphony's upcoming concert for those who wish to hear them performed in full.

Free social member | \$5 fitness member | \$10 nonmember

Register by February 5.

Rochester Clinic/Lotus Health Foundation Presents: Heart and Mind: The Vital Connection Between Heart Health and Brain Health

10-11am, Monday, February 10

In honor of American Heart Month, "Heart and Mind: The Vital Connection Between Heart Health and Brain Health" uncovers the powerful link between cardiovascular health and cognitive well-being. This presentation will introduce the role of insulin resistance as a shared risk factor for both heart disease and cognitive decline. Attendees will learn how lifestyle choices—especially whole food plant-based nutrition—can effectively reduce insulin resistance, supporting both heart and brain health. With practical tips and insights, this session empowers participants to make choices that protect the heart, enhance brain function, and promote lasting wellness.

A live cooking demonstration will showcase simple, nutrient-packed recipes, empowering attendees to begin the year with delicious, satisfying meals that support lasting health and vitality.

Presenter: Rochester Clinic

Free social members | \$5 fitness members | \$10 nonmembers

Register by February 9.

Art Reception

5:30-6:30pm, Monday, February 10

Join us to learn about the artists currently exhibiting at 125 LIVE. Our art Gallery Curator, Beth Sievers, will give a short presentation at 5:45 p.m., followed by a self-guided tour of the artists' work. Light refreshments will be provided. Free and open to the public.

Register by February 9.

January - February Events 2025

SOCIAL CLASSES

Mayo Clinic Dietetic Talks: Enhancing Well-Being Through the Gut

6-7pm, Monday, February 10

Join Aya Elmir, Mayo Clinic dietetic intern, for an educational and engaging session on gut health and nutrition. Discover the vital role of the gut-brain connection and how gut health impacts digestion, immunity, and mental well-being. Aya will highlight the importance of balanced diet, fiber, prebiotics, and probiotics, and provide practical tips for incorporating gut-friendly foods into your diet, how to read fiber content on food labels, recipe ideas, and lifestyle changes for better gut health.

Free social members | \$5 fitness member | \$10 non-member

Register by February 9.

What's The Difference? Condos, Townhomes and Cooperatives

10-11am, Tuesday, February 11

As you age, your housing needs may change due to mobility, finances, or health concerns. It's important to understand the different types of housing options available so you can make an informed decision before any situation forces you to move. By attending this class, you will gain insight into condos, townhomes and cooperatives helping you make the best choice based on your needs and preferences as you age.

Instructor: Jim Miner

Free social member | \$5 fitness member | \$10 non-member

Register by February 10.

All Reds Wine Tasting

3:30-5pm, Saturday, February 22

We will be exploring grape varieties from around the world. Red wine production methods can vary around the world leading to particular tastes and styles. We will also touch on important things to look for on a wine label with purchasing at the store. **Wine only served to 21+ with ID.**

Instructor: Autumn Gilliam

\$25 social member | \$36 fitness 7 nonmember

Register by February 17.

SPECIALITY FITNESS CLASSES

Warm Yoga by the Pool

8-8:45am, Saturday, January 4

Start your weekend off with a forty-five-minute yoga session by the warm water pool at 125 LIVE.

Instructor: Max

\$6 fitness members | \$10 social members | \$16 nonmembers

Register by January 3.

Suspension Training

1:30-2pm, Monday and Wednesdays, January 6-29

Suspension training is a fun way to use your body weight in different ways. In this class, you will participate in exercises that are easy on the joints while improving flexibility and mobility. You will increase strength and work muscles in ways that you have never done before. No matter what your fitness level is there are so many exercises you can benefit from using TRX bands.

\$80 Fitness | \$96 social and nonmember

Register by January 5

Balance Bootcamp

2-2:45pm, Monday and Wednesday, January 6 - January 29

This Balance Boot Camp class focuses on improving stability, coordination, and strength through dynamic exercises and functional movements. Using a variety of equipment and bodyweight drills, you'll challenge your core, lower body, and proprioception to enhance overall balance. Perfect for all fitness levels, this class will help you feel more grounded, confident, and agile in everyday movements.

Personal Trainer: Sunny

\$30 fitness member | \$35 social member | \$45 nonmember

Register by January 5.

Healthy Holidays-Weight Loss

1-1:50pm, Tuesdays and Thursdays, January 7 - January 30

Kickstart your New Year with our transformative weight loss class, designed to help you set realistic goals, stay motivated, and build lasting healthy habits. With personalized guidance, expert advice, and a supportive community, you'll feel empowered to make sustainable changes and achieve your fitness goals all year long. Let's make this your healthiest year yet!

Personal Trainer: Kris

\$40 fitness member | \$45 social member | \$52 nonmember

Register by January 6.