

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 *Reg. Req.	Pool	Miranda	7:30-8:15am	Yoga	Cedar	Max
8-8:45am	Zumba	Willow	Emmarie	8-8:45am	Strength & Cardio	Willow	Tamsin	8-8:30am	Stand Strong	Studio 1	Kevin
8-8:30am	Stand Strong	Cedar	Kevin	8-8:45am	Zumba	Studio 1	Emmarie	8-8:45am	POUND	Magnolia	Kerry
9-9:45am	Tai Chi Chih	Studio 1	Yuko	9-9:45am	Cycle	Cedar	Tamsin	8-8:45am	Zumba	Willow	Tamsin
9-9:45am	Rowing	Cedar	Kevin	9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	9-9:45am	HeartStrong	Willow	Fred
9-9:45am	HeartStrong	Willow	Fred	9-9:45am	Strength 101	Willow	Olga	9-9:45am	Stretch&Tone Yoga	Studio 1	Joyce
10-10:45am	Cycle	Cedar	Kevin	9:30-10:15am	Aqua Aerobics	Pool	Kerry	9-9:45am	Rowing & Cycle	Cedar	Kevin
10-10:45am	PWR	Studio 1	Olga	10-10:45am	Everyday Balance	Willow	Katy	10-10:45am	PWR	Studio 1	Olga
10:15-11am	CardioDrumming	Willow	Chris	10-10:45am	EasyTai Chi Chih	Cedar	Yuko	10:15-11am	CardioDrumming	Willow	Chris
11:15-12 pm	Cancer Fitness	Studio 1	Chris	11-12pm	Pedal for Parkinsons	Cedar	Members	11-11:45am	Gentle Mat Pilates	Cedar	Olga
11:35-12:20pm	Aqua Aerobics	Pool	Dorothy	11-11:45am	Strength & Cardio	Studio 1	Katy	11:15-12 pm	Cancer Fitness	Studio 1	Chris
12-12:55pm	Ping-Pong w/ Parkinson's	Willow	Members	11-11:45am	Cardio Drumming	Willow	Darnell	12:15-1pm	Barre	Studio 1	Katy
1:15-2:15pm	Pool Volleyball	Pool	Members	12-12:45pm	Yoga 101	Studio 1	Keiko	12:30-1:15pm	Aqua Fit	Pool	Avin
1:30pm-2pm	Suspension Training *Reg. Req.	Willow	Kris	12-12:45pm	Aqua Stretch	Pool	Chris	1:30pm-2pm	Suspension Training *Reg. Req.	Willow	Kris
2-2:45pm	Seated Strength	Studio 1	Olga	12-1:45pm	Ping-Pong / Table Tennis	Willow	Members	1:30-2:15pm	Chair Yoga	Cedar	Avin
2-2:45pm	Balance Bootcamp *Reg. Req.	Magnolia	Sunny	12:15-3pm	Square Dance <small>Alternate Tue.</small>	River R.	Monte	2-2:45pm	Balance Bootcamp *Reg. Req.	Magnolia	Sunny
3-4pm	Boxing	Boxing	Kris	1-2pm	Pool Volleyball	Pool	Members	4-4:45pm	Glutes, Core & More*Reg. Req.	Studio 1	Erika
5-5:45pm	Yoga	Cedar	Robin	1:15-1:45pm	Aqua Cycle *Reg. Req.	Pool:Pond	Kevin	5-5:45pm	Cycle	Cedar	Sylwia
5:15-6pm	Zumba	Studio 1	Tamsin	4:30-5:15pm	Rowing & Cycle	Cedar	Kevin	5:15-6pm	Cardio Dance	Studio 1	Jan
6-7pm	Cardio-Boxing	Boxing	Sylwia	5-5:45pm	Strength	Studio 1	Robin	6-6:45pm	Stretch&Tone Yoga	Cedar	Joyce
6:15-7pm	Strength	Studio 1	Kerry	5:15-6pm	Pilates	Cedar	Erika	6-6:45pm	Non-Contact Boxing	Boxing	Raphael
8-8:45pm	Aqua Zumba	Pool	Katie	5:30-6:15pm	Boxing Non-Contact Fit	Boxing	Raphael	6-6:45pm	Strength & Core	Willow	Kris
				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 *Reg. Req.	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	Tabata	Studio 1	Kerry	8-8:45 am	Cardio Drumming	Studio 1	Darnell	Sunday			
9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	8:45-9:45am	Pool Volleyball	Pool	Members	9:15-10:00am	Yoga	Studio 1	Chris
9-9:45am	Strength 101	Willow	Olga	9-9:45am	Tai Chi Chih	Studio 1	Yuko	10:15-11am	Aqua Fit	Pool	Chris
9:30-10:15am	Aqua Aerobics	Pool	Kerry	9-9:45am	Rowing	Cedar	Kevin	11:15-12pm	Cardio Drumming	Studio 1	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	11:30-12:15pm	Aqua Aerobics	Pool	Rotation				
12-1:45pm	Ping-Pong / Table Tennis	Willow	Members	12:15-1pm	Barre	Studio 1	Katy				
1:15-1:45pm	Aqua Cycle *Reg. Req.	Pool:Pond	Kevin	2-2:45pm	Seated Strength	Studio 1	Sue				
2-2:55pm	Pool Volleyball	Pool	Members	5-6pm	Pool Volleyball	Pool	Members				
3-4pm	Boxing	Boxing	Kris	5:30-6:15pm	Strength	Studio 1	Jan				
4:30-5:25pm	Tai Chi	Cedar	Patrick								
5:30-6:15pm	Yoga	Cedar	Max								
5:30-6:15pm	Mix up! <small>Step, zumba, Kickboxing,Circuits</small>	Studio 1	Robin								
6:30-7:15pm	Strength	Studio 1	Kris								
8-8:45pm	Aqua Zumba	Pool	Katie								

Class locations are subject to change, they may be moved to accommodate other programs or class size. Note: "\*\*Reg. Req." means Registration Required

Email info@125livemn.org to learn more about classes, Personal Training, Small Group Training, Swimming Lessons and consultations.

# Fitness Class Descriptions

**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 chaturngas; 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