



WE WILL BE CLOSED JULY 4. REOPEN JULY 5- 9AM.
JULY-AUGUST 2026 EVENTS

125LIVEMN.ORG | 507-287-1404
UPDATED 6-22-26

SOCIAL CLASSES

Member Happy Hour and New Member Welcome

4:30-6pm, Friday, July 24

Join us to meet new and familiar faces at 125 LIVE. Enjoy a fun-filled evening with games, appetizers, and beverages. Whether you're new to the community or a long-time member, it's the perfect chance to connect and see what our Happy Hour is all about!

Free for new members who joined in June.

Free social member | \$10 fitness member | \$15 nonmember.

Register by July 16.

125 LIVE Castle Quilters Christmas Sale

9-11:30am, Monday, July 20

Attention all crafters, sewers, quilters, this sale is for you! If you are looking for fat quarters, fabric bundles, Christmas fabric, jewelry, quilting books, dark flannel, fleece, and miscellaneous items, you won't want to miss this sale. The quilters will be having a bag sale. Not a crafter or sewer? The quilters will also have lots of finished quilts and other items for you! Cookies and coffee will also be available while you shop.

Free and open to the public | No registration required.

125 LIVE Rummage Sale

9am-12pm, Friday, July 24

Since 1961, we've collected quite a few treasures, and now it's time to share them with the community! Stop by to browse a wide variety of items, including office equipment, supplies, kitchenware, electronics, and much more. You never know what hidden gem you might find. Please note: no item donations are being accepted for the sale.

Free and open to the public | No registration required.

Community Acupuncture @ 125 LIVE

10am-12pm Wednesdays, July 1, 8, 15, 22 OR 29

1:30-3:30pm, Fridays, July 3, 10, 17, 24, OR 31

Jalal is a MN-licensed acupuncturist and doctor of acupuncture and herbal therapy with additional background in International Medical Doctor and research at Mayo Clinic. He offers a gentle, patient-centered approach focused on restoring balance, reducing stress, supporting pain relief, and improving overall wellness. Community acupuncture is a comfortable and affordable style of acupuncture offered in a shared, relaxing space where treatments are individualized while allowing several people to receive care together. Treatments are gentle, fully clothed, and done in comfortable reclining chairs. Sessions last approximately 30 minutes. Loose, comfortable clothing is recommended. Common reasons people come: stress & anxiety relief, neck, shoulder & back pain reduction, headache, sleep difficulties, fatigue, joint stiffness, general wellness support

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

Register for each day and time separately. Register early as spots are limited. If space is available on the day of, you may register at the membership services desk.

SOCIAL CLASSES

Where Do I Go Now? Housing Alternatives

10-11am, Tuesday, July 7

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

Presenter: Jim Miner

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

Register by July 6.

Dr. Josh Wald Kerr Presents: Introduction to Medical Imaging

11am-12pm, Thursday, July 9

If you've ever felt confused looking over an X-ray report or attempting to decipher your imaging, this is the class for you! Join Dr. Josh Wald-Kerr for a discussion of common reasons for medical imaging, comparisons among several imaging modalities, and the limitations of the technology involved.

Instructor: Dr. Josh Wald-Kerr

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

Register by July 7.

Part 1* The Art of Orthotics Presents: Scientific Shoe Fit

10-11am, Thursday, July 9

Shoes have an enormous effect on how we move. Edith James, Licensed Pedorthist, will explain "scientific shoe fit" and how it may benefit you and your well-being. A pedorthist is like a pharmacist for the feet and ankles, with extensive training in footwear and shoes, pedorthists are the shoe-fitting experts of the medical field. Don't hesitate to join this informative class.

Presenter: Edith James, Art of Orthotics

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

Register by July 9.

Part 2* Art of Orthotics Presents: Diabetic Foot Clinic

11am-12:30pm, Thursday, July 9

Edith will explain Medicare's Diabetic Therapeutic Shoe Program. If you have diabetes and Medicare, here's an opportunity to learn about your benefits and get scientifically fit. She will also discuss other foot issues.

Presenter: Edith James, Art of Orthotics

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

Register by July 9.

***Discount Part 1 and 2:**

Free social member | \$5 fitness member | \$10 nonmember. Must register using the Discount Part 1 and Part 2 Art of Orthotics Presents registration.

The Music and History of the Rock Group America

1-3pm, Thursday, July 9

Join Paul as he uses a presentation with photos and music to tell the stories of the rock group America.

Presenter: Paul Koeller, 125 LIVE Member

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

Register by July 8.

SOCIAL CLASSES

Rochester Clinic/Lotus Health Foundation Presents:
Healing Steps to Wellness with Dr. J and Mei
Health Talk and Cooking Demo
Stay Strong on the Court: Pickleball Injury Prevention
and Performance Tips

10-11:30am, Monday, July 13

Pickleball is a fun and growing way to stay active. Still, repetitive movement, muscle imbalance, poor footwear, and reduced flexibility can lead to injuries involving the feet, ankles, knees, shoulders, and back. In this 30-minute presentation, Dr. Jengyu Lai from Rochester Clinic will discuss common pickleball injuries, proper footwear, warm-up routines, balance and strengthening exercises, and simple strategies to improve movement, prevent injuries, and stay active safely on and off the court. Mei Liu will also showcase delicious plant-power foods packed with nutrient-dense ingredients, along with easy-to-follow recipes.

Presenter: Rochester Clinic/Lotus Health Foundation
 Free social member | \$5 fitness member | \$10 nonmember
Register by July 12.

Travel Show with Collette Travel: Southern Charm,
Exploring South Africa, and Alaska by Land & Cruise
2-3pm, Monday, July 13

With all the details taken care of, all you need to do is pack your bags! Collette tours are expertly planned & professionally guided. Transportation will be provided from 125 LIVE to and from the Minneapolis airport. Stop in to pick up a trip flyer for more details, or click the links for your desired destination.

Southern Charm: Charleston, Savannah & Jekyll Island
 Travel Dates: March 8-14, 2027

<https://gateway.gocollette.com/link/1340052>

Exploring South Africa, Victoria Falls, Botswana
 Travel Dates: May 5-19, 2027

<https://gateway.gocollette.com/link/1340043>

Alaska by Land & Cruise
 Travel Dates: September 8-20, 2027

<https://gateway.gocollette.com/link/1428584>

Free and open to the public.

Register by July 12.

Forté Open House

11am-1pm, Tuesday, July 14

Forté is a vibrant new 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 in the 125 LIVE lobby. Shuttle service will be provided. Spots are limited, so registration is required to reserve a shuttle seat.

Free and open to the public.

Register by July 13.

SOCIAL CLASSES

Dr. Skare Presents: Maintaining Foot Health as We Age
10-11am, Wednesday, July 15

Your feet are the foundation of every step you take-literally. Join Dr. Nate Skare for this class and explore how foot function changes over time and the simple strategies you can use to stay mobile, strong, and pain-free. Learn how to support your feet with the right movement, footwear, and habits to keep you active and injury-free for the long haul.

Presenter: Dr. Nate Skare, Skare Spine and Performance
 Free social member | \$5 fitness member | \$10 nonmember
Register by July 13.

Mayo Clinic: Strong for Life: The Role of Muscle Health
in Healthy Aging

12-1pm, Wednesday, July 15

Strong, healthy muscles are the foundation of a vibrant, independent life. Join us for a community seminar with Dr. Ian Lanza, exploring what muscles do for overall health, how the aging process affects them, and practical strategies you can start using today to maintain and improve your muscle health at any age. Whether your goals are to stay active, prevent injury, or feel your best, come to this class. Refreshments will be provided.

Presenter: Dr. Ian Lanza, Mayo Clinic
 Free social member | \$5 fitness member | \$10 nonmember
Register by July 14.

Hearing Life: Healthy Hearing & Untreated Hearing Loss
10-11am, Thursday, July 16

We will be discussing the negative effects of untreated hearing loss and how it increases the risk of dementia and loss of brain function. The presentation will show how we measure one's hearing abilities, determine how well a hearing instrument will help the patient, and how not treating the loss can be detrimental.

Presenter: Paul Schneider, Hearing Life
 Free social member | \$5 fitness member | \$10 nonmember
Register by July 15.

Keller Williams Premier Realty Presents: Aging in Place
12-1pm, Thursday, July 16

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 the ins and outs. Refreshments provided.

Presenter: Laurie Mangen, Keller Williams Premier Realty
 Free social member | \$5 fitness member | \$10 nonmember
Register by July 15.

SOCIAL CLASSES**What's The Difference? Condos, Townhomes, and Cooperatives****10-11am, Saturday, July 18**

As you age, where you call home can change for various reasons. Enroll in this class to learn the differences between condos, townhomes, and cooperatives so that you can find the perfect home for yourself.

Presenter: Jim Miner

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

Register by July 17.**Rochester Clinic/Lotus Health Foundation Presents: Brain Health Series- Sound Bowl Healing and Stress Management****10-11:30am, Monday, July 20**

This workshop explores how stress affects the brain and body and introduces practical tools to support cognitive resilience and well-being. Participants will learn how chronic stress impacts memory, focus, mood, and sleep, and how the nervous system shifts between stress and restorative states. The session includes simple, evidence-informed practices such as breathing and mindfulness, along with sound bowl healing to promote relaxation, focus, and emotional balance. Featuring Gail Van Kanegan, holistic wellness practitioner and sound therapy expert, and Connie Iezzi, Reiki Master and holistic practitioner, specializing in sound, vibration, and somatics. The session is followed by healthy brain food samples and recipes presented by Mei Liu.

Presenter: Rochester Clinic /Lotus Health Foundation

Free with registration.

Register by July 17.**Sweet Skills: Cookie Decorating Made Simple****1:30-3pm, Wednesday, July 22**

Join us for a fun and creative introduction to sugar cookie decorating! In this hands-on class, you'll learn simple techniques that give your cookies a polished, professional look—perfect for gifts, gatherings, or just treating yourself. Robin of Sugar Shuga Cookies will guide you step-by-step through the decorating process, sharing tips on icing consistency, outlining, flooding, and adding decorative details with confidence. Whether you're a beginner or looking to refine your skills, you'll leave with techniques you can use again and again. Each participant will decorate and take home 6 beautifully finished cookies. No experience necessary—all supplies are provided.

Instructor: Robin Hoelzle

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

Register by July 17.**The Music and History of Simon and Garfunkel****1-3pm, Thursday, July 23**

Join Paul as he uses a presentation with photos and music to tell the story of Simon and Garfunkel.

Presenter: Paul Koeller, Member

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

Register by July 22.**SOCIAL CLASSES****Caring Transitions Presents: The Real Value of Closet Space****11am-12pm, Thursday, July 23**

Closets often hold more than just clothing—they hold years of accumulation. This class focuses on reclaiming and optimizing your space, reducing excess, and creating a system that truly works for your lifestyle.

Instructor: Caring Transitions

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

Register by July 22.**Sauvignon Blanc & Similar Wines****6-7:30pm, Friday, July 24**

Explore wines similar to Sauvignon Blanc in this tasting class. We will sample four wines with similar taste profiles alongside a Sauvignon Blanc to compare their differences and similarities. Light snacks will be provided.

Instructor: Autumn Gilliam

\$36 social member | \$41 fitness & nonmember

Register by July 21.**Gold Leaf Insurance Presents: Medicare 101****6-7pm, Tuesday, July 28 OR Thursday, August 20**

Are you new to Medicare, retiring, or turning 65? This class will discuss the different parts of Medicare, deductibles, what's covered, enrollment periods, costs, Medicare Advantage plans, and Medicare supplements. You'll also learn about Part D drug coverage, formularies, drug tiers, the new 2025 prescription drug benefit model, and how to avoid late-enrollment penalties.

Presenter: Lee Ziesmer, Gold Leaf Insurance Agency

Free 125 LIVE members.

Registration requested.

Register by noon on July 28 or August 20, respectively.**Olmsted Medical Center Presents: Skin Cancer—What to Know, How to Prevent It, What to Watch For, and How We Treat It****1-2pm, Tuesday, July 28**

Do you know how to protect your skin from harmful UV rays? Join this informative class to learn how to recognize, prevent, and treat skin cancer. Topics will include:

- The most common types of skin cancer
- Early warning signs and when to seek medical evaluation
- Available treatment options include topical therapies, surgical excision, Mohs surgery, and nonsurgical treatments
- Practical strategies for prevention and reducing your risk of skin cancer

Gain the knowledge and tools you need to protect your skin better and support long-term skin health.

Presenter: Dr. Asamoah, Olmsted Medical Center

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

Register by July 27.

SOCIAL CLASSES

Emerald Financial Group-Thrivent Presents: 11 Red Flags to Spot Scams

2-3pm, Wednesday, July 29

This workshop helps attendees understand the growing epidemic of scams affecting our country and learn to recognize common warning signs and red flags. Designed for all ages, the session provides practical tips for protecting yourself and your loved ones from fraud. Attendees will also learn about resources and support available through Thrivent for individuals affected by scams. Refreshments will be provided.

Instructor: Andy Roberts, Emerald Financial Group-Thrivent

Free social member | \$5 fitness member | \$10 nonmember
Register by July 28.

Let's Discuss Mobility with Dr. Curran: Your Body Is Not Made of Glass

10-11am, Wednesday, August 5

Many people avoid movement out of fear of injury. This class challenges common myths about aging and fragility, helping you understand how the body adapts, strengthens, and becomes more resilient with the right kind of movement.

Presenter: Dr. Levi Curran

Free social member | \$5 fitness member | \$10 nonmember
Register by August 4.

Creative Salsas

6-7:30pm, Friday, August 7

We will create and taste 4 different Salsa recipes paired with wine. Each of these recipes will allow you to control the spice from mild, medium, and hot. We will make Zucchini Salsa (Mild), Serrano – Cucumber Salsa (Choice of Mild or Medium), Pineapple Pico de Gallo (Mild), and Almond Salsa (Medium). Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$36 social member | \$41 fitness & nonmember
Register by August 4.

Rochester Clinic/Lotus Health Foundation Presents: Understanding Neuropathy: A Root-Cause Approach to Nerve Health

10-11:30am, Monday, August 10

Neuropathy is more than numbness or nerve pain. It often reflects underlying problems involving inflammation, circulation, gut health, hormonal imbalances, insulin resistance, autoimmune activity, vitamin deficiencies, and the body's ability to heal. In this 30-minute presentation, Dr. Jengyu will explain how neuropathy is linked to metabolic dysfunction, chronic inflammation, stress, and impaired nerve repair. The session will highlight a whole-person approach that uses lifestyle medicine, functional medicine, movement support, and regenerative therapies to improve nerve function, reduce pain, and support mobility. Mei Liu will also showcase delicious plant-power foods along with easy-to-follow recipes.

Presenter: Rochester Clinic/Lotus Health Foundation

Free social member | \$5 fitness member | \$10 nonmember
Register by August 9.

SOCIAL CLASSES

Introduction to Medicare with Prime Time Health Advisors

1-2pm, Monday, August 10

Do you have questions about Medicare? Whether you are already on Medicare and just looking for a refresher, or Medicare is new to you, this is the place to be. By attending, you will learn: the parts of Medicare and how they work, different types of plans, deadlines and enrollment periods, and how to avoid penalties.

Presenter: Prime Time Health Advisors

Free 125 LIVE members. Registration requested.
Register by August 9.

The Ins and Outs of Homeowners Associations

10-11am, Tuesday, August 11

Homeowners Associations are part of the process when buying a townhouse, condo, or cooperative. Learn about how homeowner associations work, and all the details to consider when deciding to move.

Instructor: Jim Miner

Social members free | \$5 fitness members | \$10 nonmembers

Register by August 10.

Forté Open House

11am-1pm, Tuesday, August 11

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, an open house, and a light lunch. Meet at the 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 August 10.

The Music and History of Carole King and Cat Stevens

1-3 pm, Thursday, August 13

Join Paul as he uses a presentation with photos and music to tell the stories of Carole King and Cat Stevens.

Presenter: Paul Koeller, Member

Free social member | \$5 fitness member | \$10 nonmember
Register by August 12.

Member Brunch and New Member Welcome

11:30 am-12:30 pm, Saturday, August 15

 **Brunch Served: 11:30 am – 12:00 pm**

Enjoy a delicious brunch buffet while meeting new members and connecting with familiar faces. It's a great way to socialize, build community, and kick off the day with good food and great conversation. Our Leadership Team will also be joining in to share updates and insights from their areas of expertise—don't miss the chance to learn more about what's happening at 125 LIVE! Come hungry and leave inspired—we look forward to seeing you there!

*Free for new members who joined in July

Free social member | \$10 fitness member | \$15 nonmember

Register by August 14.

SOCIAL CLASSES

**Rochester Clinic/Lotus Health Foundation Presents:
Brain Health Series: Food as Medicine — Herbs, Spices,
and Brain-Power Foods****10–11:30 am, Monday, August 17**

Discover how everyday herbs, spices, and whole-food, plant-based nutrition can support brain health, reduce inflammation, and promote healthy aging. Featuring Gail Van Kanegan, holistic wellness practitioner and sound therapy expert, and Mei Liu, founder of Lotus Health Foundation, this interactive workshop explores herbal nourishment, healing foods, culinary synergy, and practical ways to incorporate brain-supportive ingredients into daily meals. Participants will also learn simple techniques for growing, pairing, and preserving kitchen herbs and spices for lifelong wellness.

Presenter: Rochester Clinic/Lotus Health Foundation
Free with registration.

Register by August 16.**Sip Happens: A Retro Cocktail & App Party****1:30-2:30pm, Wednesday, August 19**

Step back in time for a totally groovy night of flavor and fun! In this hands-on class, we'll shake, stir, and sip our way through the iconic cocktails and appetizers of the 60s, 70s, and 80s. From retro classics to disco-era favorites and bold 80s creations, you'll learn how to craft signature drinks from each decade—paired with tasty, throwback-inspired appetizers that defined the party scene. Along the way, you'll pick up simple techniques, presentation tips, and a few fun facts about the trends that made each era unforgettable. Come dressed in your favorite decade (optional but encouraged!) and get ready to mix, mingle, and enjoy a nostalgic night out. Cheers to good vibes, great bites, and cocktails with a twist of history!

Instructor: Ken Baerg
\$55 social member | \$68 fitness & nonmember
Register by August 17.

Caring Transitions Presents: Space Diet**10–11 am, Friday, August 21**

Think of this as a structured plan to reduce what you own without stress. Learn how to systematically cut down on unnecessary items, avoid common downsizing mistakes, and create a lighter, more functional living environment.

Instructor: Caring Transitions
Free social member | \$5 fitness member | \$10 nonmember
Register by August 20.

New Rules in Real Estate**10-11am, Saturday, August 22**

Most people will buy or sell residential property at some point in their lives. 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 critical for all parties.

Instructor: Jim Miner
Free social member | \$5 fitness member | \$10 nonmember
Register by August 21.

TECHNOLOGY CLASSES

Senior Planet: Using Facebook Marketplace**Noon-1:30 pm Friday, July 24**

Facebook Marketplace can be a great way to sell your stuff for cash or find good deals! Come to this session to learn how to use it. Did you know your Facebook account includes access to the largest peer-to-peer online marketplace in the nation? Facebook Marketplace makes it easy for you to buy and sell almost anything directly to other users. This workshop will show you how to browse the marketplace for that item you've always wanted, and how to create listings to sell the items you no longer need. We'll show you how to filter the search results, check out the seller's information, save items you like, manage your listings, and more! **Prerequisite:** You must already have a Facebook account to participate in this workshop. Please come with your username and password to sign in. Bring your tablet/laptop OR use one of our Google Chromebooks. A smartphone can work, but the smaller screen may be more challenging to use.

Instructor: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember
Register by July 22

Senior Planet: Curious About Google Gemini?**Noon-1:30 pm, Tuesday, August 11**

We'll introduce key ideas about artificial intelligence and important considerations for its use. You'll learn about Google Gemini. In this workshop, we'll share tips for using Google Gemini. You'll learn how to write clear, specific prompts that lead to more helpful responses. We'll also explore the many ways AI can support everyday tasks and review best practices for privacy and security so you can use these tools confidently. **Please note that you will need your Google (Gmail) username and password to sign in to Gemini. Prerequisites:** You must have a Gmail address and be somewhat comfortable navigating the internet. Bring your Gmail username and password and be ready to sign in during the workshop. Also, bring your smartphone fully charged, as Google may send a code to your phone to verify your sign-in. During the class, use your laptop/tablet or one of our Google Chromebooks. A smartphone can work, but the smaller screen may be more challenging to use.

Trainer: Fred Ziecina

\$5 social member | \$10 fitness member | \$20 nonmember
Register by August 10.

Senior Planet: Understanding Fraud & Scams**Noon-1:30 pm, Tuesday, August 25**

Are you scam savvy? The ability to spot a scam is an essential digital skill. In this discussion, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll examine sample emails, texts, and deepfakes to understand how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams.

Trainer: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember
Register by August 24.

TECHNOLOGY CLASSES**Senior Planet: Gmail Tips & Tricks****Noon-1:30 pm, Tuesday, September 8**

Go beyond sending and receiving in this hands-on workshop on Gmail features. We'll cover useful tools such as spellchecking, email formatting, searching your inbox, adding a signature, and attaching files. The session will combine demonstration with hands-on practice, giving participants plenty of opportunities to ask questions and try these features. **Please note that this session will not cover how to create a Gmail account. Prerequisite: Participants must have a Gmail address and be comfortable sending and receiving email. Please bring your Gmail username and password, and be ready to sign in during the workshop.** During the class, use your laptop/tablet or one of our Google Chromebooks. A smartphone can work, but the smaller screen may be more challenging to use.

Trainer: Fred Ziecina

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

Register by September 7.**ART AND POTTERY CLASSES****Paint Your Own Fairy House: A Whimsical Creative Workshop****1-4pm, Friday, July 17 OR****9am-12pm, Saturday, August 8**

Let your creativity take flight in this whimsical paint-your-own fairy house class! Each participant will receive a pre-made "blank canvas" fairy house, ready to be transformed into a magical miniature home. Using a variety of paints and decorative techniques, you'll design and personalize your fairy house however you imagine, whether it's colorful and playful, rustic and woodland-inspired, sparkling with enchantment. No experience is needed, bring your creativity and sense of fun! All materials are provided. Enjoy a relaxing, hands-on experience and leave with a one-of-a-kind fairy house to brighten your home or garden.

Instructor: Kelli Lucas

\$60 social member | \$73 fitness & nonmember

Register by July 3 OR July 25, respectively.**Altered Bowls****10am- 12pm, Friday, July 24 and 31**

This class builds on your skills in making bowls. We will take the bowl form and change its shape or reform the rim. Class 1- changing the shape of the bowl, Class 2- rim alterations. You will be able to keep 1 bowl made during class. Clay and tools will be provided. Your project will be glazed by the instructor and ready for pick up at a later date. **Prerequisite: Participants should be able to throw a 2-3 lb bowl.**

Artist: Carolyn Real

\$85 social member | \$99 fitness & nonmember

Register by July 21.**Multi-Generational Animal Sculptures****1-3pm, Wednesday, August 5**

All ages 12+ are welcome to join us for a fun and engaging beginner's ceramic class focused on creating pinch pots. Whether you're a child, parent, or grandparent, everyone can enjoy the creative process of hand-building with clay. Discover the fundamentals of pinch pot making, including how to shape and mold clay using just your hands. This class is designed for an adult and child to take together, but all are welcome.

Instructor: Claudia Riegler

\$41 social member | \$52 fitness & nonmember (PRICE PER PAIR)

Register by July 31.

ART AND POTTERY CLASSES**Beginning to Clay****6:30-8:00pm, Thursdays, Aug 13-Sept 3**

Discover the joy of working with clay in our four-week class, Beginning to Clay. Explore hand-building on the first day, wheel throwing for the next two days, and glazing on the last day 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 vase and one wheel-thrown bowl.

Instructor: Anna Glenski-Kjose

\$135 social member | \$152 fitness & nonmember

Register by August 10.**Meet and Greet Pottery Social****Friday, August 14, 5:30-7pm**

Enjoy light refreshments while meeting Laura Williams, a Midwestern artist working in clay and illustration. Her work centers on material, narrative, process, and play. Laura studied ceramics at the University of Wisconsin-Madison and has worked as a clay educator for the last decade. She's currently traveling the country with her partner and their two cats to lead clay workshops.

Free for 125 LIVE Members | \$5 Nonmembers

Register by August 13.**Developing Voice, Making Your Work Your Own.****A Two-Day Visiting Artist Workshop with Laura Williams****11am-4pm, Saturday, August 15 and****11am-4pm, Sunday, August 16**

Learn storytelling methods in clay in this two-day workshop with visiting artist Laura Williams. Complete exercises designed to inspire. Explore your interests, identity, and inclinations in making. Laura will demonstrate methods for refining, decorating, considering, and customizing forms. Participants can expect to make forms by practicing the discussed processes and learn new techniques for advancing their forms. Enjoy exploring your process and motives for making in a supportive environment!

Schedule:**Day One: Building**

Learn techniques for altering & shaping.

Discuss texture & surface

Discuss additions and handles

Day Two: Decorating

Discuss Underglaze

Discuss Terra Sigillata

Refine and finish the forms we began on Day One.

\$225 125 LIVE member | \$245 nonmember

Register by August 12.**ART AND POTTERY CLASSES****Multi-Generational Pot Planter****1-3pm, Wednesday, August 19**

All ages 12+ are welcome to join us for a fun and engaging beginner's ceramic class focused on creating pinch pots. Whether you're a child, parent, or grandparent, everyone can enjoy the creative process of handbuilding with clay. Discover the fundamentals of pinch pot making, including how to shape and mold clay using just your hands. This class is designed for an adult and child to take together, but all are welcome.

Instructor: Claudia Riegler

\$41 social member | \$52 fitness & nonmember (PRICE PER PAIR)

Register by August 14.**Clay Lace Bowl****6:30-8:30pm, Friday, August 28**

Join us for this exciting hand-building class as we use lace doilies pressed into clay to create beautiful, unique bowls. They will be glazed in one of our house colors. When finished, they will be food-safe usable pieces of art.

Instructor: Anna Glenski-Kjose

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

Registration by August 25.**A Muddy Date Night****4-5:30pm, Saturday, August 29**

Indulge in a romantic evening of clay and creativity! Bring your partner for a memorable night of clay-filled fun and artistic expression. Our expert instructors will guide you through the pottery-making process, ensuring a fun and relaxed atmosphere throughout the evening. Unleash your creativity, bond with your loved one, and take home unique pottery pieces as a lasting memento of your muddy date night experience. Alcohol is served only to those 21+ with ID. Price is per person.

Instructor: Anna Glenski-Kjose

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

Register by August 26.

SPECIALTY FITNESS CLASSES

The Pelvic Workshop**7:10-7:40 am, Wednesdays, July 1-29**

The pelvic floor is an intricate structure made up of many different muscles. As we age, these muscles can become inactive or weak, leading to incontinence. The other spectrum can also be true, and your pelvic floor lives in a state of tension, resulting in retention, constipation, pain, and spasms. In this class, you will learn how to both strengthen and relax the pelvic floor. Both are needed for optimal function. Expect exercises targeting the core, hips, and legs using a variety of tools and proper breathing mechanics. Floor exercises included

Trainer: Nataly

\$30 fitness member | \$41 social & nonmember

Register by July 1.**Core & Restore****8-8:30am, Wednesdays, July 1-29**

Improve your posture, back pain, and flexibility in this specialty class! You will first target the core, doing floor exercises using a variety of tools, such as dumbbells, bands, balls, or bodyweight. Finish out the class feeling refreshed and limber through restorative yoga poses. (Floor exercises included.)

Trainer: Sunny

\$37 fitness member | \$49 social & nonmember

Register by July 1.**Neck & Back Mobility****9:45-10:15am, Mondays & Wednesdays, July 6-22**

This gentle mobility class is designed to release tight necks, open the upper back, and restore easy, natural movement to your spine. Through slow, intentional stretches and controlled mobility work, we will work to improve posture, reduce stiffness, and help you move through your day feeling lighter and more aligned.

Instructor: Katy Hetland

\$38 fitness member | \$50 social & nonmember

Register by July 5.**Muscle Clinic****3-4pm, Mondays & Wednesdays, July 6-29**

Are you interested in learning more about building muscle and strength, but not sure where to start or how to get over a plateau? This class is for you! Muscle Clinic is a 60-minute class held twice a week, focused on hypertrophy. A certified personal trainer will lead you through a full workout using a variety of resistance tools, ensuring proper form and safe execution so you get the best benefit. We will also have a discussion afterward to dive into reps, sets, rest, and nutrition! Expect a workout up to 45 minutes and at least 15 minutes of discussion. Floor exercises included, some experience with weights is ideal.

Instructor: Kris Wagner

\$58 fitness member | \$71 social & nonmember

Register by July 6.

SPECIALTY FITNESS CLASSES

Pilates Sculpt**6:30-7:15pm Mondays & Wednesdays, July 6-29**

Take Pilates to another level with Pilates sculpt! This class combines Pilates with strength training for full-body toning. There will be seated, lying, and standing exercises, often integrating dumbbells and/or pilates balls.

Instructor: Farrah

\$37 fitness member | \$49 social & nonmember

Register by July 5.**Suspension Training****4:15-4:45pm, Tuesdays, July 7-28**

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 your strength and work your muscles in ways you have never done before. Floor exercises included.

Trainer: Kris

\$35 fitness member | \$47 social & nonmember

Register by July 6.**Pilates Fundamentals Series****10:30-11:15am, Saturdays, July 11-August 8**

This 5-week class is dedicated to the roots of Pilates. It focuses on Joseph Pilates's philosophy of deep core activation, breathwork, and spine mobility. This series will start with the basic concepts of Pilates, transition to traditional Pilates exercises, and end with modern variations. (Floor exercises included)

Trainer: Farrah

\$30 fitness member | \$41 social & nonmember

Register by July 11.**Raise the Bar****5-5:45pm, Mondays & Wednesdays, July 13, 15, 20, 22**

In this class, you will learn how to use a weighted bar effectively to build foundational strength and balance. These bars differ from traditional barbells in that the weight is evenly distributed and they are comfortable to grip. Learning new techniques is not only good for your body but also amazing for your brain! Expect a full-body workout, including floor exercises. Squat, curl, and press your way to a healthier, stronger you in a supportive, fun environment!

Trainer: Katie

\$20 fitness member | \$31 social & nonmember

Register by July 13.**Walking to the Oldies****11-11:45am, Wednesday, July 22**

Enjoy this low-impact and beginner-friendly dance style class! You'll be walking, sliding, and lifting your legs to the beat of the classics! Let's step back in time and let the music take you away!

Instructor: Katie

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

Register by July 22.