

SOCIAL CLASSES

Member Brunch and New Member Welcome

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

Brunch Served: 11:30am –12:00pm

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 June.

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

Register by August 12.

National Senior Citizens Day Celebration

12-2pm Friday, August 21

Join us as we celebrate **Senior Citizens Day** with an afternoon filled with sweet treats, furry friends, and great company! Enjoy delicious Bunnie Cake, create your own ice cream sundae, and spend time connecting with fellow members as we honor the contributions, wisdom, and vibrant spirit of older adults in our community. We're also excited to welcome special guests from Camp Companion, who will bring along friendly furry companions to make the celebration even more memorable. Whether you're sharing stories with friends, enjoying a sweet treat, or getting some furry love, there's something for everyone to enjoy. Celebrate, connect, and make some happy memories with us. We can't wait to see you there!

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

Register by August 18.

Community Acupuncture @ 125 LIVE

10am-12pm Wednesdays, August 5, 12, 19, OR 26

1:30-3:30pm, Fridays, August 7, 14, 21, OR 28

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

125 LIVE Castle Quilters at the Marketing Table

9-11:30am, Monday, August 10

Come check out what the quilters have for sale. There are plenty of items to choose from for yourself, family, or even as gifts. Free and open to the public. No registration required.

Salsa Bajo las Estrellas Social with USA Dance

7-10:30pm, Saturday, August 8

Dance and lesson will be held in the River Room of 125 LIVE! Enter the building through main doors and follow signs for USA Dance. Beverages and concessions available for purchase, or BYOW - a fillable water station is available near the River Room. Open to the public ~ Couples and singles of all ages welcome!

7pm Doors Open | 7:30pm Dance Lesson | 8:30 Social Dance | 9:30pm Group Dances & Social Dance

Presenter: USA Dance

General Admission: \$10 per person | USA Dance

Members and 125 LIVE members \$8 per person |

Students under age 25 (With ID) \$5. | **NO**

REGISTRATION REQUIRED. Please arrive and pay at the event entrance.

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 served to 21+ with ID.

Instructor: Autumn Gilliam

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

Register by August 4.

Introduction to Medicare with Prime Time Health Advisors

1-2pm, Monday, August 10

Whether you are already on Medicare and just looking for a refresher, or Medicare is new to you, this is the place to be. 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.

SOCIAL CLASSES

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

10-11:30am, Monday, ~~August 10~~ August 24

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 23.

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

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

Forté Open House

11am-1pm, Tuesday, August 11 OR

11am-1pm, Tuesday, September 8

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 OR September 7 respectively.

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.

SOCIAL CLASSES

Part 1 Art of Orthotics Presents: Benefits and Purposes of Orthotic Use

9:30-10:30am, Friday, August 14

Proper alignment of the feet and ankles is one of the primary goals of orthotics. Because your feet are the foundation of your body, their alignment and function can have a significant impact on your overall health and mobility. Many orthotic users report relief not only from foot pain, but also from discomfort in the ankles, knees, hips, and lower back. Orthotics can also help improve balance, stability, and endurance, allowing you to stay active and comfortable throughout the day. If you've been wearing the same orthotics for several years, it may be time to ask: Are they still meeting your needs? Our bodies change over time, and so do our feet and lower extremities. A periodic evaluation can help ensure your orthotics continue to provide the support, alignment, and comfort you need to move with confidence.

Presenter: Edith James, Art of Orthotics/Quantum Medical
Free social member | \$5 fitness member | \$10 nonmember
Register by August 13.

Part 2* Art of Orthotics Presents: Diabetic Foot Clinic

10:30am-12pm, Friday, August 14

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 August 13.

***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.

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.**

SOCIAL CLASSES**Sip Happens: A Retro Cocktail & App Party****1:30-2:30pm, Wednesday, August 19**

Step back in time for a groovy night of flavor and fun! In this hands-on class, you'll shake, stir, and sip your way through iconic cocktails and appetizers from the '60s, '70s, and '80s. Learn to craft signature drinks, enjoy retro-inspired bites, and pick up simple techniques, presentation tips, and fun facts from each unforgettable era. Dress in your favorite decade (optional but encouraged) and get ready to mix, mingle, and toast to a nostalgic night out!

Instructor: Ken Baerg

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

Register by August 17.

Keller Williams Premier Realty Presents: Senior Housing Options**12-1pm, Thursday, August 20**

Are you thinking about downsizing from your home and confused about all the options available to you based on your lifestyle? Whether you are moving now or 2 years from now, this class will introduce you to the types of housing available in SE MN. You will learn the difference between co-ops, retirement communities, residential housing, and the costs associated with each option.

Presenter: Laurie Mangen, Keller Williams

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

Register by August 19.

Gold Leaf Insurance Presents: Medicare 101**6-7pm, 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. Understand 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 August 20.

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.

SOCIAL CLASSES**Emerald Financial Group-Thrivent Presents: "Taxes and the Widow's Penalty"****9:30-10:30am, Friday, August 21**

The phrase "widow's penalty" describes the circumstance when someone pays more in taxes after their spouse dies. It happens when a widow or widower making the same or slightly less income is required to pay more income taxes. The so-called penalty is surprisingly common and can also affect Social Security benefits and Medicare premiums. This workshop offers practical planning tools to help minimize or eliminate the penalty.

Instructor: Andy Roberts, Associate, Emerald Financial Group – Thrivent

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 a home at some point. New real estate rules now apply in all 50 states, affecting buyers, sellers, Realtors®, agent compensation, and negotiation strategies. Learn what these changes mean, explore your options, and make informed decisions before speaking with a real estate agent. Attend this class to get started.

Instructor: Jim Miner

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

Register by August 21.

Learn to Play Pickleball**4-6pm, Tuesday, August 11 OR****1-3pm, Tuesday, August 25**

Join the pickleball craze and embark on a 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! **You will meet in the 125 LIVE lobby.**

Instructor: Angie Tauscher

\$25 125 LIVE member | \$31 nonmember

Register by August 7 OR August 21 respectively.

Pickleball 2.0**4-6pm, Wednesday, August 26**

This is a beginner-to-intermediate class for individuals who understand the rules and scoring and have played several pickleball games. This class will focus on developing and practicing specific shots, including serves, returns, dinking, and third-shot drops. It will also include practical game situations and strategies. **You will meet in the 125 LIVE lobby.**

Instructor: Angie Tauscher

\$25 125 LIVE member | \$31 nonmember

Register by August 24.

SOCIAL CLASSES**Ed-Ventures Presents: Christmas in the Ozarks (Kansas City and Branson)****10-11am, Wednesday, August 26**

Have you ever experienced the magic of Kansas City and Branson during the holiday season? Join Ed-Ventures on a memorable getaway from December 3–7, traveling in comfort aboard a private, deluxe motorcoach. This festive tour includes a visit to Silver Dollar City's "An Old Time Christmas" celebration, time to explore the charming Branson Landing, a stop at the Titanic Museum Attraction, and an unforgettable performance of "Miracle of Christmas" at Sight & Sound Theatres. You'll also have plenty of free time to take in the dazzling holiday lights, enjoy the festive atmosphere, browse unique shops, and create lasting memories. Attend this informational class to learn more about the tour and how to reserve your spot.

Free 125 LIVE member | \$10 nonmember

Register by August 25.**Olmsted Medical Center Presents: Common Foot Ailments****1-2pm, Wednesday, August 26**

Join Dr. Aelony and Dr. Buehler as they discuss how to identify and assess heel pain and other common foot and ankle conditions. They will cover the causes, signs, and symptoms of toe pain, as well as common deformities such as hammer toes and calluses. Participants will also learn about appropriate treatment options and when to seek care from a podiatrist.

Presenter: Dr. Buehler and Dr. Aelony

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

Register by August 25.**The Music and History of One Hit Wonders****1-3pm, Thursday, August 27**

Join Paul as he uses a presentation with photos and music to tell the stories of One Hit Wonders.

Presenter: Paul Koeller, Member

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

Register by August 26.**A Taste of Australia: Wine Down Under****3:30-5:00pm, Saturday, August 29**

Ready to explore the bold and exciting world of Australian wine? Join us for a relaxed and flavorful journey through one of the most dynamic wine regions on the planet. From powerful reds to crisp, refreshing whites, Australia offers an incredible range of styles that have captured the attention of wine lovers around the world. In this fun and engaging class, we'll taste 4–5 wines from across Australia and discover what makes the country's wines so distinctive. Along the way, we'll explore famous grapes like Shiraz as well as other standout varieties, while learning how Australia's diverse climates and regions shape the wines in your glass.

Instructor: Autumn Gilliam

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

Register by August 26**SOCIAL CLASSES****Late Summer Blooms****1-2:30pm, Wednesday, September 2**

Janelle has hosted several classes here and enjoys sharing about her flower farm and using locally grown flowers. She will guide you through the art of creating a breathtaking summer bouquet, sharing tips and tricks to enhance your floral arrangement skills. From color coordination to the strategic placement of each bloom, discover the secrets to crafting a bouquet that reflects the beauty and energy of late summer blooms. You will receive 15 stems that may include dahlias, sunflowers, snapdragons, celosia, eucalyptus, bupleurum, statice, cosmos, gomphrena, zinnias, basil, strawflowers, or whatever happens to be blooming.

Host: Janelle Rosin, bloom grower at Buzzin' Blooms in NW Rochester

\$65 social member | \$78 fitness and nonmember

Register by August 28.**Olmsted Medical Center Presents: Skin Cancer What to Know, How to Prevent, What to Watch, and How We Treat It****RESCHEDULED DATE****11am-12pm, Tuesday, September 1**

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, including 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 better protect your skin and support long-term skin health.

Presenter: Dr. Asamoah, Olmsted Medical Center

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

Register by August 30.**Selling Your Home in 2026****10-11am, Tuesday, September 8**

You have decided it is time to sell your home, but you are looking for information on how to do so successfully. Join Jim for his class to gain valuable information on what to consider when selling your home.

Instructor: Jim Miner

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

Register by September 7.**Dr. Creagan Presents: Radical Resilience in Today's World****1-2 pm, Wednesday, September 9**

We all face setbacks, disappointments, and frustrations throughout life. How do we find the resilience to move forward, and continue making a meaningful difference? Drawing on lessons from more than 45,000 patients at the end of life, Dr. Creagan will share powerful insights about resilience, purpose, and what matters most.

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SOCIAL CLASSES**CONT. Radical Resilience from Page 4**

Join him to discover how the wisdom of these patients can inspire and positively impact your own life.

Presenter: Dr. Ed Creagan

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

Register by September 8.

Puzzle Trade & Treats

1-2pm, Wednesday, September 9

Love puzzles? Join us for a fun afternoon of swapping and socializing! Bring 5–10 gently used puzzles in their original boxes (taped shut, no missing pieces, and no children's puzzles, please). Go home with new-to-you puzzles to enjoy this winter! We'll have treats and drinks to enjoy while you browse and mingle. Come for the puzzles, stay for the company!

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

Register by September 8.

Josh Wald Kerr Presents: Backstory: Overview of Common Causes for Low Back Pain

11am-12pm, Thursday, September 10

Come learn from Dr. Josh Wald-Kerr all about low back pain, from common causes, common myths about recovery, and options to help deal with these issues.

Instructor: Dr. Josh Wald-Kerr

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

Register by September 9.

Songs about History

1-3pm, Thursday, September 10

Join Paul as he uses a presentation with photos and music to tell the stories of songs about history.

Presenter: Paul Koeller, Member

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

Register by September 9.

Gold Leaf Insurance Presents: Medicare 101

1-2pm, Saturday, September 12

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. Understand 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 September 11.

Rochester Clinic/Lotus Health Foundation Presents: A Whole-Body Approach to Chronic Muscle and Joint Pain

10-11:30am, Monday, September 14

Chronic muscle and joint pain is often more than a local problem. Persistent pain may involve inflammation within the nervous system and brain, along with contributing factors such as insulin resistance, gut health imbalance, autoimmune disorders, hormone changes, poor sleep, stress, and vitamin deficiencies.

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SOCIAL CLASSES**CONT. Rochester Clinic/Lotus Health...**

In this 30-minute presentation, Dr. Jengyu Lai from Rochester Clinic will discuss practical, non-pharmaceutical strategies including movement therapy, restorative sleep, stress reduction, functional medicine principles, and regenerative therapies to improve function, mobility, and quality of life. 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 September 13.

Mayo Clinic Hospice Presents: Hospice 101 (Services and Myths)

1-2pm, Monday, September 14

In this discussion, you will learn everything you wanted to know about hospice but were afraid to ask! I will talk about the services provided, who qualifies for hospice care, how services are paid for by insurance, and common misconceptions and myths.

Presenter: Amy Langgaard, LICSW- Mayo Hospice

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

Register by September 11.

UPCOMING TRAVEL OPPORTUNITIES**Last Chance- NYC Holiday Tour**

Travel Dates: December 7-11, 2026

Have you been thinking about the New York City Holiday Tour with Collette Travel? This is your last chance to book! Experience the magic of the Big Apple with Broadway, the Christmas Spectacular at Radio City Music Hall, the Statue of Liberty, Ellis Island, Greenwich Village, Wall Street, and visits to the 9/11 Memorial and Museum.

Register today—only a few seats remain!

gateway.gocollette.com/link/1410770

Southern Charm:

Travel Dates: March 8-14, 2027

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

Registration early bird deadline special: Sept. 8, 2026

Exploring South Africa, Victoria Falls, Botswana

Travel Dates: May 5-19, 2027

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

Registration deadline for early bird special: August 6, 2026

Alaska Discovery Land and Cruise

Travel Dates: September 8-20, 2027

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

Registration deadline for early bird special: November 8, 2026

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

Discover how Google Gemini can make everyday tasks easier, from finding answers and organizing ideas to getting helpful suggestions in seconds.

Join us for a friendly, hands-on workshop designed to help you feel more confident using artificial intelligence. You'll learn what AI is, how Google Gemini works, and how to write clear prompts that lead to better, more useful responses. We'll explore practical ways Gemini can support everyday activities, plus simple privacy and security tips so you can try it safely and confidently. Prerequisite: Participants must have a Gmail address, know their username and password, and be comfortable navigating the internet. Please see what to bring to class when you register.

Trainer: Fred Ziecina

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

Register by August 10.**Senior Planet: Understanding Fraud & Scams****Noon-1:30pm, Tuesday, August 25**

Scams are getting smarter—but you can, too. Join us for an eye-opening discussion that will help you recognize common warning signs, protect your personal information, and feel more confident online.

We'll look at real-world examples of suspicious emails, texts, and deepfakes, and discuss how AI is making scams more convincing. You'll leave with practical tips, trusted resources, and clear steps to take if you or someone you know is targeted.

Trainer: Chelsie Gaspar

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

Register by August 24.**Stream Your Favorite Shows for Less****Noon-1:15pm, Friday, August 28**

Are you paying for TV channels you never watch? Join this beginner-friendly technology discussion to discover how streaming services can help you enjoy shows, movies, local stations, and live TV without a traditional cable subscription. We'll explain streaming in plain language, compare free and low-cost options such as YouTube, Netflix, and Hulu, and show how smart TVs and streaming devices bring internet entertainment to your television. You'll learn how to:

- Decide whether cutting cable could work for you
- Explore free and subscription-based streaming choices
- Watch live and local TV without cable
- Choose a smart TV or streaming device with confidence

Register today and take the confusion out of streaming—no prior technology experience is needed.

Trainer: Vince

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

Register by August 26.**ART AND POTTERY CLASSES****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.****Paint Your Own Fairy House: A Whimsical Creative Workshop****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 August 2**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.**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. **(PRICE PER PAIR)**

Instructor: Claudia Riegler

\$41 social member | \$52 fitness & nonmember

Register by August 14.

ART AND POTTERY CLASSES

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.

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.

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ART AND POTTERY CLASSES

CONT. Muddy Date Night

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.

Hand Built Organizer

5:30-7:30pm, Thursday, September 3

Participants will create a functional pencil organizer using hand building techniques with clay. Participants will use a pattern and the slab technique to create compartments that can hold pencils, pens, brushes, small tools or even flowers. By the end of class each person will have a unique functional desk organizer. (All skill level)

Instructor: Janelle Forsthoffer

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

Register by August 31.

Asian Brush Painting: Beginner and Continuing: Orchids 2-4pm, Tuesday September 8-29

When executed with masterful technique, a single ink brushstroke conveys vitality, delicacy, and contemplation - the essence of Chinese philosophy and spirit. The "life force" or chi that an artist aspires to capture and express is through brush painting. If you do not have the following materials, bring \$25 to the first day of class - a 3-brush set, an ink bottle, and rice paper.

Instructor: Catherine Park

\$61 social member | \$91 fitness & nonmember

Register by September 4.

Ceramic Poppy Tray

5:30-7:30pm, Thursday, September 10 & 24

Participants will create a hand-built ceramic flower tray inspired by the shape and texture of a blooming flower. Participants will learn foundational ceramic skills such as rolling slabs, refining edges, and adding texture. By the end of class you will have a flower-inspired tray ready for firing and glazing. Perfect for holding jewelry, keys, or small keepsakes. (All skill level)

Instructor: Janelle Forsthoffer

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

Register by September 7.

Multi-Generational Candle Holder

6-7:30pm Monday, September 14

All ages 10+ 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

\$20 social member | \$31 fitness and nonmember (PRICE PER PAIR)

Register by September 11.



SPECIALTY FITNESS CLASSES

Step UP your Fitness

7:10-7:40 am, Mondays, August 3-31

Are you ready to take your fitness game to the next level? To step up your fitness, you will be using a step with risers to challenge legs, cardio, coordination, core, and more without high impact! It is a fun and engaging way to burn calories, increase strength and stability, and improve heart health and circulation. You can expect to use dumbbells or other resistance tools. Step classes are suitable for all levels, and you can adjust the step height.

Personal Trainer: Nataly

\$23 fitness member | \$35 social & nonmember

Register by August 3.

Evening Aqua Cycle August

8:10-8:40 pm, Tuesdays & Thursdays, August 4-27

An aqua cycle class is a high-energy, low-impact workout that takes place in the water, combining cycling with water resistance to tone muscles and improve cardiovascular health. Participants pedal on stationary bikes submerged in the pool, benefiting from the water's buoyancy to reduce joint strain 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: Heidi

\$26 fitness member | \$37 social & nonmember

Register by August 4.

Healthy Hips

9-9:30am, Tuesdays & Thursdays, August 4-27

Excluding August 11 & 13

Having strong hip muscles helps maintain your posture and improves your balance, stability, and range of motion. In this class, we will work on a series of exercises targeting the muscles in your hips, glutes, thighs, and core. This class will include sitting, standing, and floor exercises.

Personal Trainer: Katy Hetland

\$28 fitness member | \$40 social & nonmember

Register by August 4.

Group Shaker

10-10:30am, Tuesdays & Thursdays, August 4-27

Vibration plates will be a key component of this exercise program. The program will incorporate balance and strength training exercises using a vibration plate in various standing and sitting positions.

Personal Trainer: Sunny

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

Register by August 4.

Strong Bones

1-1:30pm, Tuesdays & Thursdays, August 4-27

Excluding August 11 & 13

This class will focus on upper-body strength exercises to build strength, tone arms, and improve bone health & skeletal muscle. We will be doing standing and seated exercises, no floor work.

Personal Trainer: Katy

\$28 fitness member | \$40 social & nonmember

Register by August 4.

SPECIALTY FITNESS CLASSES

Pain the Back? Let's get back on track!

5:00-5:30 PM, Tuesdays & Thursdays, August 4-20

Are you experiencing back pain or having trouble standing up for longer periods at a time? This can be improved through targeted exercises improving strength in both the core and posture muscles. This class is about getting you back on track to living comfortably and confidently! Great for those with arthritis, past injuries, osteopenia/porosis, or those looking to increase strength and stamina in the back and core! No weights will be used in this class but floor exercises are included.

Personal Trainer: Ed

\$33 fitness member | \$45 social & nonmember

Register by August 4.

Deep Water Aerobics

1:30-2:15pm, Wednesdays, August 5-19

This class is in the 50-meter pool. Deep Water Aerobics is a high-energy, low-impact workout performed in the deep end using different equipment for full-body conditioning without joint stress. This class improves cardiovascular endurance, muscle toning, strength, and core stability while providing a refreshing, zero-impact workout for all fitness levels. Participant must be comfortable using a pool noodle, use of the water belt is optional. Depending on pool availability the water may be around 5'3" or 13ft deep for this class.

Instructor: Maureen

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

Register by August 5.

Friday Suspension Training

12:45-1:15 pm, Fridays, August 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.

Personal Trainer: Katy

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

Register by August 7.

Aqua for Arthritis

8:30-9:30am, Saturday, August 8

Held in our soothing warm water pool, this class blends gentle movement with low-impact exercises to manage and relieve arthritis pain.

Why It Works

- 88°F Warm Water: Relaxes muscles/boosts circulation
- Buoyancy: Reduces joint stress by 66%
- Resistance: Water provides 12x the resistance of air for safe, low-impact strengthening.

What to Expect

- Learn: Arthritis-friendly movement.
- Strengthen: Joint-supporting exercises.
- Continue: Take-home exercises.

Personal Trainer: Stacy

\$4 fitness member | \$10 social & nonmember

Register by August 8.

