

Monday				Tuesday				Wednesday			
6:15-7am	Strength/Endurance	Studio 1	Iliana	6:15-7am	Strength & Core	Studio 1	Iliana	6:10-6:55am	Strength/ Endurance	Studio 1	Chelsey
7-7:45am	Aqua Fit	Pool	Stacy	7-7:45am	Aqua Fit	Pool	Heidi	7:00-7:45am	Aqua Fit	Pool	Chelsey
8-8:45am	POUND	River Room	Kerry	8-8:45am	Strength & Cardio	Willow	Tamsin	7:30-8:15am	Yoga	Magnolia	Max
7:55-8:40am	Zumba	Willow	Emmarie	7:55-8:40am	Zumba	Studio 1	Emmarie	7:55-8:40am	Zumba	Willow	Tamsin
8-8:45am	Stand Strong	Studio 1	Kevin	9-9:45am	Rowing & Cycle	Cedar	Tamsin	8-8:45am	POUND	River Room	Kerry
9-9:45am	Tai Chi Chih	Studio 1	Yuko	9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	8-8:45am	Stand Strong	Studio 1	Kevin
9-9:45am	Rowing & Cycle	Cedar	Kevin	9-9:45am	Strength 101	Willow	Olga	9:15-10am	HeartStrong	Willow	Fred
9:15-10am	HeartStrong	Willow	Fred	9:30-10:15am	Aqua Aerobics	Pool	Kerry	9-9:45am	Stretch & Tone Yoga	Studio 1	Joyce
10-10:45am	Rowing & Cycle	Cedar	Kevin	10-10:45am	Everyday Balance	Willow	Katy	9-9:45am	Rowing & Cycle	Cedar	Kevin
10-10:45am	PWR	Studio 1	Olga	10-10:45am	Easy Tai Chi Chih	Magnolia	Yuko	10-10:45am	PWR	Studio 1	Sue
10:15-11am	CardioDrumming	Willow	Robin	11-12pm	Pedal for Parkinsons	Cedar	Members	10-10:45am	Rowing & Cycle	Cedar	Kevin
11:15-12 pm	Cancer Fitness	Studio 1	Kim	11-11:45am	Strength & Cardio	Willow	Katy	10:15-11am	Cardio Drumming	Willow	Kim
11:35-12:20pm	Aqua Strength	Pool	Kris	11-11:45am	Cardio Drumming	Studio 1	Kim	11-11:45am	Gentle Mat Pilates	Cedar	Olga
12-12:55pm	Ping-Pong w' Parkinson's	Willow	Members	12-12:45pm	Yoga 101	Studio 1	Keiko	11:15-12 pm	Cancer Fitness	Studio 1	Kim
12:15-1pm	Fitness Barre	Studio 1	Katy	12-12:45pm	Aqua Stretch	Pool	Michael	12:15-1pm	Fitness Barre	Studio 1	Katy
12:45-1:30pm	Boxing 101	Boxing	Kris	12:15-3pm	Square Dance Alternate Tue.	River R.	Monte	12:30-1:15pm	Aqua Aerobics	Pool	Dorothy
1:15-2:15pm	Pool Volleyball	Pool	Members	1-2pm	Pool Volleyball	Pool	Members	1:15-2pm	Chair Assisted Yoga	Studio 1	Sunny
2-2:45pm	Seated Strength	Studio 1	Olga	2-2:45pm	Seated Strength	Studio 1	Sue	4:30-5pm	Strength & BOSU	Studio 1	Kris
5-5:45pm	Yoga	River Room	Robin	5:15-5:45pm	Strength Express	Studio 1	Robin	5:15-6pm	Cardio Dance	Studio 1	Jan
5-5:45pm	Zumba	Studio 1	Tamsin	5:30-6:15pm	Yoga	River Room	Max	6:15-7 pm	Stretch & Tone Yoga	Studio 1	Joyce
6-7pm	Cardio-Boxing	Boxing	Sylwia	5:30-6:15pm	Boxing Non-Contact	Boxing	Raphael	6-6:45pm	Boxing Non-Contact	Boxing	Raphael
6:05-6:50pm	Strength	Willow	Kerry	6-6:45pm	Zumba	Studio 1	Chelsey	6-6:45pm	Strength & Core	Willow	Kris
8-8:45pm	Aqua Zumba	Pool	Katie	7-8pm	Yoga Sculpt	Studio 1	Heidi	8-8:45pm	Aqua Zumba	Pool	Katie
Thursday				Friday				Saturday			
6:15-7am	Strength & Core	Studio 1	Iliana	6:15-7am	Strength	Studio 1	Chelsey	8-8:45am	Aqua Mix	Pool	Jan
7-7:45am	Aqua Fit	Pool	Heidi	7-7:45am	Aqua Fit	Pool	Jan	9-9:45am	Cardio Dance	Willow	Jan
7:55-8:40am	Zumba	Studio 1	Pamela	7:55-8:40am	Cardio Dance	Willow	Jan	10-10:45am	Strength	Willow	Jan
8-8:45am	Stand Stronger	Magnolia	Kerry	8-8:45am	Stand Strong	Cedar	Kevin	10-10:45am	Boxing Non-Contact	Boxing	Raphael
8-8:45am	Stength & Cardio	Willow	Kris	8-8:45am	Cardio Drumming	Studio 1	Darnell	12-1pm	Pool Volleyball	Pool	Members
9-9:45am	Chair Assisted Yoga	Studio 1	Keiko	8:45-9:45am	Pool Volleyball	Pool	Members	Sunday			
9-9:45am	Strength 101	Willow	Olga	9-9:45	Zumba	Studio 1	Kim	9:15-10am	Aqua Zumba / Fit	Pool	Iliana
9:30-10:15am	Aqua Aerobics	Pool	Kerry	9-9:45am	Tai Chi Chih	Magnolia	Yuko	9:15-10am	Yoga 101	Studio 1	Nora
10-10:45am	Everyday Balance	Willow	Katy	9:15-10am	Heart Strong	Willow	Fred	10:15-11am	Pilates	Cedar	Nora
10-10:45am	Seated Dance	Studio 1	Keiko	9-9:45am	Rowing & Cycle	Cedar	Kevin	10:15-11am	Zumba	Studio 1	Iliana
11-12pm	Pedal for Parkinsons	Cedar	Members	10-10:45am	PWR	Studio 1	Sue	11:15-12pm	Strength & Core	Studio 1	Iliana
11-11:45am	Strength & Cardio	Willow	Katy	10-10:45am	Yoga	Magnolia	Sunny	Class locations are subject to change, they may be moved to accommodate other programs or class size. Email info@125livemn.org to learn more about classes, Personal Training, Small Group Training, Swimming Lessons and consultations.			
12-12:45pm	Yoga	Studio 1	Sunny	11:30-12:15	Aqua Aerobics	Pool	Dorothy				
12:45-1:30pm	Boxing 101	Boxing	Kris	2-2:45pm	Seated Strength	Studio 1	Sue				
1:30-2:15pm	Qigong (Mindfulness Meditation)	Magnolia	Michael	4:30-5:15 pm	Yoga	Studio 1	Hannah				
2-2:55pm	Pool Volleyball	Pool	Members	5-6pm	Pool Volleyball	Pool	Members				
4:30-5:15pm	Tai Chi	Cedar	Patrick	5:30-6:15pm	Strength	Studio 1	Jan				
5:30-6:15pm	Zumba	Studio 1	Iliana	Scan QR code for Specialty Classes:							
5:30-6:15pm	Pilates	Cedar	Erika								
6:30-7:15pm	Strength	Studio 1	Iliana								
7-7:45pm	Cycle	Cedar	Heidi								

Fitness Class Description

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 Stretch- Improve flexibility, mobility, and relaxation through guided stretches performed in the support of warm water.

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 its core.

BOSU- a dynamic workout that uses the BOSU ball to improve strength, stability, and core engagement through a variety of functional and balance-focused exercises.

Be Strong A class combining balance, strength, and range of motion. Good for beginners and most levels.

Boxing 101- Beginner friendly. Cardio focus with strength aspects to improve overall fitness, coordination, and endurance.

Boxing Non-Contact- This class will introduce new boxers to basic techniques including proper stance, safe execution of punches, kicks and simple combinations.

Cance 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 Boxing- Sylvia's signature workout featuring an intense strength and cardio circuit as well as 30 minutes work on punching bags

Cycle- an energetic knee friendly cardio workout on the stationary cycles, upbeat music gets your heart rate soaring, choose between an upright or recumbent bike.

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.

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.

Pedal for Parkinsons- Steady state cardio class designed and created for those living with PD and other neuro differences.

Pilates- This 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.

Qigong- slow, fluid movements coordinated with deep breathing and focused intention to cultivate and balance the body's vital energy.

Rowing- Low impact, varied intensity, exercise using rowing machines for a total body workout

Seated Dance- A fun, low-impact dance fitness class that included movements to get your heart pumping - all from the comfort of a chair.

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.

Stand Stronger- Level Up! Exercise focused on incorporating functional movements from daily life: Strength, agility, balance, and endurance.

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- A gentle, guided class focused on improving flexibility, releasing tension, and enhancing overall mobility through mindful stretching.

Stretch & Tone Yoga - Gentle full range of motion yoga flow.

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.

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 Sculpt- a high-energy fusion of yoga, strength training, and cardio designed to build lean muscle, boost metabolism, and elevate your practice.

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.