

SOCIAL CLASSES

Member Happy Hour and New Member Welcome

4:30-6pm, Friday, September 18

Mark your calendars and come 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 August.

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

Register by September 16.

Acoustic Eidolon Concert

6-8pm, Tuesday, September 22

While Hannah Alkire and Joe Scott are masters of their respective instruments, it's their deep connection to audiences around the world that define "The Acoustic Eidolon Experience". Their personal stories for each song and engaging spirits create an evening of sheer entertainment. Whether they are sharing a powerful original composition about Hannah's grandparents' house or one of their distinctive covers of popular music such as Queen's "Bohemian Rhapsody", this duo delivers. Their sound, both new and nostalgic, is described as genre-bending. Drawing influences from Celtic, Americana, Folk and Flamenco, it is authentic and passionate. That's why audiences of all ages and musical tastes consistently rave about this Colorado-based duo. These are visionary musicians/artists whose original works and arrangements rightly stand out amongst the easily-formatted. Over AE's career, they have recorded 13 extraordinarily diverse and distinctive CDs, two DVDs and embarked on multiple worldwide tours.

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

Register by September 20.

Community Acupuncture @ 125 LIVE

10am-11am OR 11am-12pm, Wednesdays, September 2, 9, 16, or 23

1:30-2:30pm OR 2:30-3:30pm, Fridays, September 4, 11, 18, 25

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 member | \$52 fitness and nonmember

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

COMING SOON- 125 LIVE Turns 10- Anniversary Celebration

125 LIVE's 10th anniversary is coming up in November. Watch the program guide, weekly newsletter, and Facebook for details about what we have planned to celebrate this momentous occasion. You don't want to miss it!!!

Forté Open House

11am-1pm, Tuesday, September 8 OR

11am-1pm, Tuesday, October 13

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 September 7 OR October 12 respectively.

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.

Old National Bank Presents: Retirement Planning Essentials- Tax Strategies, RMD & Estate Planning

10-11am, Wednesday, September 9

Take charge of your financial future with this informative and easy-to-follow class. Learn how tax-advantaged accounts can help maximize your savings, understand the basics of Required Minimum Distributions (RMDs), and explore estate planning strategies that protect your assets and provide peace of mind. Whether you're already retired or planning ahead, you'll gain practical knowledge to help you make confident financial decisions.

Presenter: Old National Bank

Free social member | \$5 fitness member | \$10 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! Enjoy treats and drinks 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.

SOCIAL CLASSES**Dr. Ed Creagan Presents: Radical Resilience in Today's World****1-2 pm, Wednesday, September 9**

Each of us faces setbacks, disappointments, and frustrations throughout life—both personally and professionally. How do we navigate these challenges, find the resilience to move forward, and continue making a meaningful difference? Drawing on lessons learned from caring for more than 45,000 patients at the end of life, Dr. Creagan will share powerful insights about resilience, purpose, and what matters most. 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.**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.**Wild, Wild West Social with USA Dance****7-10:30pm, Saturday, September 12**

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**CONTINUED NEXT COLUMN ----->****SOCIAL CLASSES****CONTINUED 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.**Mayo Clinic Hospice Presents: Hospice 101 (Services and Myths)****1-2pm, Monday, September 14**

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 misconceptions and myths.

Presenter: Amy Langgaard, LICSW- Mayo Hospice

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

Register by 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. 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.**Your Next Chapter: Work, Purpose & Possibilities****10-11am, Monday, September 14**

Whether you're looking to return to work, explore something new, find flexible hours, or stay active and connected, join Workforce Development, Inc. (WDI) for an open conversation about your goals, concerns, and opportunities. We want to hear what matters most to you when it comes to work, including pay, benefits, flexible schedules, technology, transportation, and how work may affect your benefits. Learn about free WDI services like career planning, resume help, interview support, training opportunities, and connections to local employers. Come share your thoughts, ask questions, and explore what your next chapter could look like

Presenter: Workforce Development Inc.

Free and Open to the Public

Register by September 14.

SOCIAL CLASSES**Mayo Clinic Community Blood Drive at 125 LIVE****7:45am-3pm, Wednesday, September 16**

Join us for the upcoming Community Blood Drive at 125 LIVE in the lower-level parking lot and help make a lifesaving difference in our community. Every blood donation supports local patients in need, and in Olmsted County, someone requires blood or blood products every 10 minutes. Appointments are encouraged.

New Donor Registration:

https://docs.google.com/spreadsheets/d/1tzlCRYPEM36pj5f8isYXuLD1G2j8yk25MXN_dLxi9l0/edit?usp=sharing

Current Donors:

Schedule your appointment through the donor portal or by calling the Mayo Clinic Blood Donor Program at 507-284-4475.

As a special thank-you, all presenting donors will be entered for a chance to win a personal indoor infrared sauna. In addition, all first-time donors will receive a new donor appreciation gift after their donation.

Your donation has the power to save lives. Roll up your sleeve, give the gift of life, and take advantage of these special donor rewards while helping meet a critical local need.

Fall Prevention Awareness with Dr. Nate Skare**10-11am, Wednesday, September 16**

September is Fall Prevention Awareness Month. Join Dr. Nate Skare of Skare Spine and Performance for a presentation on falling and fall prevention. Falls become increasingly common as we age, with 40% of those over 70 and 60-70% of those over 85 falling annually. Prevention becomes crucial since a significant portion of hip fractures result from falls. Join us to explore predictors of falls and effective solutions to mitigate your fall risk.

Presenter: Dr. Nate Skare

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

Register by September 14.**Olmsted Medical Center Presents: Prostate Cancer - From Early Detection to Life After Treatment****1-2pm, Wednesday, September 16**

Join us for an informative discussion about prostate cancer. Learn what prostate cancer is, how it is screened, and the available treatment options. We'll also discuss how treatment may affect urinary and sexual function, along with strategies to help manage these side effects and improve quality of life.

Presenter: Dr. Olive and Dr. Pinkhasov, Olmsted Medical Center

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

Register by September 15.**SOCIAL CLASSES****Introduction to Medicare with Prime Time Health Advisors****12-1pm, Thursday, September 17**

Do you have questions about Medicare? Whether you are already on Medicare and just looking for a refresher, or if Medicare will be new, 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 September 16.**Emerald Financial Group/Thrivent Presents: Transferring Property Across Generations****12-1pm, Friday, September 18**

This workshop will help attendees gain a basic understanding of how to identify and overcome transition obstacles, protect assets, and develop a strategy to smoothly transition their cherished property while maintaining family harmony. Key topics are the inheritance process, clear communication, and estate management strategies.

Instructor: Nate Larson

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

Register by September 16.**Exploring the Wines of the Pacific Northwest****6-7:30pm, Friday, September 18**

We will taste wines from the main growing regions in Washington and Oregon. Also, learn the history of winemaking in these areas and what makes them unique. Snacks provided. Wine only served to 21+ with valid ID.

Instructor: Autumn Gilliam

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

Register by September 15.**Buying A Home in 2026****10-11am, Saturday, September 19**

Are you thinking about buying a home this year? Join Jim for his class, where he will share valuable information on what to consider when buying your next home.

Instructor: Jim Miner

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

Register by September 18.**Art Reception****5:30-6:30pm, Monday, September 21**

Join us to learn about the artists who are currently exhibiting at 125 LIVE. A short presentation by our Art Gallery Curator, Beth Sievers, will be followed by a self-guided tour of the artists' work. Light refreshments will be provided. Free and open to the public.

Register by September 20.

SOCIAL CLASSES

Rochester Clinic/Lotus Health Foundation Presents: Brain Health Series: Movement for Brain Health — Including QiGong

10-11:30am, Monday September 21

This workshop highlights the importance of physical activity as a cornerstone of cognitive health and dementia prevention. Participants will learn how movement improves brain function through increased blood flow, neuroplasticity, and stress reduction. The session includes an introduction to QiGong, a gentle, low-impact mind-body practice that integrates movement, breathing, and mental focus. You will engage in guided exercises designed to improve balance, coordination, and relaxation. Also, we will cover practical strategies to incorporate regular physical activity into daily life, regardless of fitness level. The goal is to empower participants with simple, sustainable movement practices that support both physical and cognitive well-being. Lastly, healthy brain food samples and recipes will be provided.

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

Register by September 18.

Caring Transitions Presents: The Art of Downsizing
12-1pm, Tuesday, September 22

A practical, step-by-step approach to simplifying your home without feeling overwhelmed. Learn how to make confident decisions, reduce clutter, and transition into a more manageable space while keeping what truly matters.

Instructor: Caring Transitions

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

Register by September 21.

Med- City Medicare Presents: Medicare Made Clear, Updates & Enrollment Tips

10-11am, Tuesday, September 22

Stay informed while navigating your healthcare options. Learn the latest updates on Medicare, including current enrollment periods, recent changes, and what they may mean for your coverage and costs. You'll gain a clear understanding of eligibility requirements, important deadlines, and practical tips to help you make informed decisions. Whether you're enrolling for the first time or reviewing your current plan, this session will help you stay up to date and prepared. This class is for educational purposes only. No specific plan or carrier information will be discussed.

Presenter: Jill Fasbender

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

Register by September 21.

SOCIAL CLASSES

Olmsted Medical Center Presents: Wound Prevention: An Ounce of Prevention is Worth a Pound of Cure
1-2pm, Tuesday, September 22

Learn how small, everyday choices can help you protect your skin, prevent wounds, and recognize changes before they become bigger problems. This class will teach you to become a "skin detective" by using five simple rules: Look, Move, Protect, Nourish, and Inform. We'll explore the importance of checking your skin for changes, staying active to keep your body and feet healthy, protecting your skin from injury, and keeping your feet happy. You'll also learn how hydration, good nutrition, and regular moisturizing help support healthy skin from the inside out. Most importantly, you'll learn when a change in your skin needs attention and how to get help early. By the end of the class, you'll have practical tools to make skin and wound prevention part of your everyday routine.

Presenter: Dr. Moncrief and Dr. Pfizenmaier

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

Register by September 21.

Food Union: Intro to Cheese

10-11am, Monday, September 28

Please join this class for a guided tasting of five curated cheeses from at least three different milks, ranging from approachable to a little funky. Each cheese is explored alongside essential accompaniments that bring out texture and flavor in every bite. Small-batch non-alcoholic wines or cocktails are included for a curious look at what's new and emerging. A relaxed, interactive tasting focused on discovery, conversation, and good cheese.

Instructor: LeeAnn Zubay, Food Union

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

Register by September 25.

AARP Driver Safety

9am-1pm, Tuesday, September 29

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

Instructor: Steve Sturm, AARP

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

Register by September 28.

Medicare 101

6-7pm, Monday, October 5

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 October 5.

SOCIAL CLASSES**Travel Show with Collette Travel: Alaska by Land and Cruise, Costa Rica, Machu Picchu****10-11am, Monday October 5**

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 Minneapolis airport. Stop in to pick up a trip flyer for more details or click the link. Free and open to the public.

Register by October 4.**Alaska by Land & Cruise**

Travel dates: September 8-20, 2027

<https://groups.gocollette.com/en-US/link/1428584>

Register for early bird special by November 8, 2026.

Tropical Costa Rica

Travel Dates: February 7-15, 2028

<https://groups.gocollette.com/en-US/link/1467216>

Registration deadline for early bird special: August 7, 2028. HIGHLIGHTS... Monteverde Cloud Forest, Monteverde Hanging Bridges or Canopy Adventure, Farm Tour and Lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge

\$300 discount if register before August 7, 2027

Peru: Machu Picchu and Lake Titicaca

Travel Dates: May 10 – 19, 2028

<https://groups.gocollette.com/en-US/link/1467215>

HIGHLIGHTS... Pisac Market, Ollantaytambo Ruins, Pablo Seminario Ceramic Studio, Quechua Community Visit & Lunch, Machu Picchu, Koricanha Temple, Uros Floating Islands, Home-Hosted Lunch, Larco Museum

Registration deadline for early bird special: Oct 10, 2027

Let's Discuss Mobility with Dr. Curran: Why Your Joints Need Motion, Not Rest**10-11am, Wednesday, October 7**

Joint stiffness and discomfort often improve with the right movement. Learn how safe, consistent motion helps nourish joints, reduce stiffness, and support long-term joint health.

Presenter: Dr. Levi Curran

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

Register by October 6.**Spanish Tapas and Wine****6-7:30pm, Friday, October 9**

We will create 4 Spanish Tapas, go over the recipes, and pair them with wine. On the menu are: Tortilla Española, Empanadas, Salmorejo (A Thicker version of Gazpacho), Butternut Squash and Chorizo Skewers. Wine only served to those 21+ with valid ID.

Instructor: Autumn Gilliam

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

Register by October 5.**PICKLEBALL CLASSES****Learn to Play Pickleball****1-3pm, Wednesday, September 9 OR****1-3pm, Thursday, September 24**

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!

Instructor: Angie Tauscher

\$25 125 LIVE member | \$31 nonmember

Register by September 7 or 22 respectively.**Pickleball 2.0****1-3pm, Monday, September 14**

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.

Instructor: Angie Tauscher

\$25 125 LIVE member | \$31 nonmember

Register by September 11.**TECHNOLOGY CLASSES****Senior Planet: Gmail Tips & Tricks****Noon- 1:30 pm, Tuesday, September 8**

Make Gmail easier! Learn practical tips to save time, stay organized, and feel more confident using email, including searching your inbox, formatting messages, adding a signature, attaching files, and more. This hands-on class includes demonstrations, practice time, and answers to your questions. Prerequisite: Participants must have a Gmail address, know their username and password, and be comfortable navigating the internet. What to bring with you to this workshop: A Gmail account is required, and participants should be somewhat comfortable navigating the internet. Please bring your Gmail username and password, along with a fully charged smartphone to approve any Google sign-in verification requests. Since this is a hands-on workshop, bringing and using your own laptop is preferable, but we also have Google Chromebooks available. A tablet or smartphone may also work, though the smaller screens can be harder to use.

Trainer: Fred Ziecina

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

Register by September 7.**Need Help with Your Apple Device?**

Get friendly, one-on-one help from Wayne Harvey with your Apple Watch, iPhone, iPad, or MacBook.

FREE in September for 125 LIVE Fitness and Social

members! Stop by the 125 LIVE Technology Center on

Wednesdays or Fridays at 12:30 PM. Available Dates:**Wednesday, September 16, 23, 30. Friday, September****18 and 25.** No appointment needed. Bring your fully

charged Apple device and your questions.

TECHNOLOGY CLASSES

Senior Planet: Lyft Silver Ride Share App**11:30-1:00pm, Thursday, September 17**

Stay independent, confident, and on the move with Lyft Silver! Discover an easier way to get where you need to go—without the stress of driving, parking, or navigating traffic. Join us for this practical, hands-on workshop designed to help you feel comfortable using Lyft Silver, a simplified version of the popular rideshare app. You'll learn step by step how to request a ride, use its easy-to-navigate features, and safely share ride details with family or friends. Whether you're new to rideshare services or want more transportation options, this workshop can help you travel with greater freedom and peace of mind.

Before class, download the Lyft Silver app to your smartphone. We will not cover how to download and sign up for Lyft. If you need help setting up your account or adding a payment method, call Senior Planet Help at (888) 713-3495. **Please bring your fully charged smartphone to class.**

Trainer: Chelsie Gaspar

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

Register by September 14.**Senior Planet: iPhone Privacy Setting Management****11am-12:30pm, Friday, September 25**

Take greater control of your iPhone privacy and learn how to use it with confidence. Your iPhone includes helpful tools for protecting your privacy. Join us for a practical hands-on workshop. Together, we'll explore Safari's built-in privacy features, try Private Browsing, and review how to manage app permissions and tracking. You'll leave with practical steps you can use right away to make privacy choices that fit your needs. Important: Bring your fully charged iPhone to class and be comfortable navigating your iPhone. Please note that this workshop focuses on downloading apps on your smartphone and will not cover every question related to your smartphone. We'll focus on selected privacy features rather than general smartphone troubleshooting.

Trainer: Chelsie Gaspar

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

Register by September 23.**Senior Planet Workshop: Make Your iPhone Work Smarter with Siri!****11am-12:30pm, Thursday, October 8**

Ready to make everyday tasks quicker—and a little more fun? Join us for a friendly, hands-on iPhone workshop where you'll discover how Siri and voice commands can help you call or text someone, set reminders, ask questions, and more—all without typing. We'll explore helpful settings, practice together on your own iPhone, and look at ways Siri can assist you beyond your phone. No prior experience is needed—just bring your fully charged iPhone, your questions, and your curiosity! Space may be limited—register today and discover how easy it is to get more from your iPhone!

Trainer: Mary Haugen

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

Register by October 27.

ART AND POTTERY CLASSES

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: Bamboo****2:30-4:30pm, 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 levels)

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.

ART AND POTTERY CLASSES**Paint Your Own Fairy House: A Whimsical Creative Workshop****5:30-8:30pm, Tuesday, September 15 OR****9am-12pm, Saturday, October 10**

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, or sparkling with enchantment. No experience is needed just bring your creativity and sense of fun! All materials are provided. Come 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 | \$73 fitness & nonmember

Register by September 1 OR September 26 respectively.**Watercolor Techniques****6-8pm, Wednesday, September 16**

This class is designed for students who want to learn watercolor techniques beyond the basic wash. I will provide each student with a drawing to paint, and together we will explore various fun methods of working with watercolor. My goal is to keep it as simple as possible. Paint, paper with a design, brushes, and water cups will be supplied.

Instructor: Barbara Schwenk

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

Register by September 11.**Artist Demo: Asian Brush with Lim Chun****Asian Brush Art Demonstration with a Visiting Artist from South Korea****1-2pm, Tuesday, September 22**

Join us for a special opportunity to experience the beauty and tradition of Asian Brush art. Lim Chun artist from Seoul Korea will demonstrate traditional brush techniques, artistic methods, and the unique beauty of this timeless art form. Watch the artwork come to life and learn about the cultural traditions behind Korean brush painting. This is a wonderful opportunity to enjoy an inspiring artistic experience and meet an artist from South Korea.

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

Register by September 21.**ART AND POTTERY CLASSES****Watercolor Class: Wildflowers in a Vase****10:30-12pm, Saturday, September 26**

Sign up for an hour and a half of painting wildflowers in a vase using basic watercolor techniques. This class is for beginners, but everyone is welcome! Watercolor, paper, and brushes are available for use in the classroom. You will bring home a minimum of 5 small works on watercolor paper (2.5" x 3.5" ACEO collectible art card-sized minis that you can then display in a frame or insert in greeting cards to send to friends and family).

Bring your own coffee and tea to sip on as you paint.

Instructor: Mona

\$25 social member | \$37 fitness & nonmember

Register by September 23.**Sgraffito Cup or Vase****5:30-7:30pm, Monday & Tuesday, September 28 & 29**

Sgraffito is the art of scratching into the surface of clay to make an intricate design, pattern, or illustration. This is a 2-part class. The first evening we will hand-build a cup or a vase. The second evening is when we really scratch the surface of your project. Zentangle designs work well for this project. Bring a favorite pattern you would like to transfer onto your piece. Pattern suggestions will be available for you to use. All materials will be provided. Your project will be glazed by the instructor and ready for pick-up later.

Artist: Carolyn Real

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

Register by September 25.**Beginning to Clay****10-11:30am, Tuesdays, September 29- October 20**

Discover the joy of working with clay in our four-week class. Explore hand-building for one day, wheel throwing for two days, and glaze in one 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 September 24.**Intro to Wheel I****10am- 12pm, Thursday, October 1-22**

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

Artist: Jeff Jones

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

Register by September 29.

SPECIALTY FITNESS CLASSES**Aqua Kickboxing****11:10-11:40am, Wednesdays, September 2-23**

This four-week class is held in the warm-water pool. Take advantage of water's buoyancy to reduce impact on your joints during high-intensity exercises. We will go through a series of kicks and punches to improve cardiovascular health and endurance.

Personal Trainer: Kris

\$20 fitness member | \$30 social & nonmember

Register by September 2.

Brain Health and Longevity**2:30-3:15pm, Wednesdays, September 2-30**

Brain health is all about getting in touch with your well-being. The brain coordinates your thoughts, emotions, and even movement and is an important factor in staying independent longer. This class will dive into 4 pillars of brain health after a guided meditation and light chair yoga. This class is for those looking to increase well-being, independence, and tips to keep your brain healthy and vibrant!

Instructor: Nora

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

Register by September 1.

Evening Aqua Cycle September**8:10-8:40pm, Tuesdays & Thursdays, September 8-24**

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

\$22 fitness member | \$34 social & nonmember

Register by September 8.

Core Rehab**7:10 - 7:40am, Mondays, September 14 - October 5**

Many of us lack back and/or core strength. Back pain and injuries are often the result of the lack of strength and poor movement patterns. This class is all about progressing strength and stability through the abdominals, glutes, and back for long term injury prevention and performance for general exercise, fitness training, sports, and everyday life! Floor exercises included.

Personal Trainer: Nataly

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

Register by September 14.

SPECIALTY FITNESS CLASSES**Shoulder Strength****6:30-7:00am, Mondays, September 14-October 5**

Build functional upper body strength, support your posture, and protect your joints in this shoulder strengthening class! This class will focus on balancing all 3 deltoid muscles, while also reinforcing the deep stabilizing muscles of the rotator cuff. Your shoulders are the most mobile, and vulnerable joints in the body, so whether you are looking to strengthen, improve movement, or decrease pain, check out this offering! Expect to use weights and or bands for targeted exercises

Personal Trainer: Nataly

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

Register by September 14.

Gears & Beers**4-5pm, Friday, September 25**

Pedal or row at your own pace, then raise a glass if you wish. This will be a motivating cycle/rowing class with upbeat music and good fun with Kevin! We will pedal/row, laugh, and let the good times roll. A celebratory (optional) beer/glass of wine will be provided at the end of class. Sweat first, sip after.

Personal Trainer: Kevin

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

Register by September 24.

Lime Dance Party!**6:30-7:30pm, Friday, October 2**

Get ready to dance the night away at our Lime Dance Party! Whether you're a first-timer or a seasoned dancer, this high-energy class will teach you fun, easy-to-follow line dances. No partner required—just bring your dancing legs, your energy, and get ready to have a good time! 40 minutes of line dancing followed by a margarita, snacks, and socializing!

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

Instructor: Jan Fritz

Register by October 1.

