NOVEMBER SPECIALTY FITNESS CLASSES

TRX Training
11:30-12pm, Fridays, Oct 30 - Nov 20
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: Kris
$35 fitness member | $47 social & nonmember
Register by October 29.

SkiErg Conditioning
12:30-1pm, Fridays, Oct 30 - Nov 20
Take advantage of this specialty class and learn how to use the SkiErgs in a strength and endurance routine! Enjoy a low impact cardio workout on the skiErg, increasing stamina and endurance, while working the arms(%60), core(%30), and legs(%10). Further develop your strength and endurance by incorporating the use of dumbbells. Expect alternating intervals of the SkiErg and weight training. No floor exercises.
Personal Trainer: Kris
$35 fitness member | $47 social & nonmember
Register by October 29.

Friday Water Bootcamp
10:10-11am, Fridays, Oct 30 - Nov 20
This four-week class is in the warm water pool. Plan for circuits, aqua bikes, and resistant equipment/tools. Water Bootcamp combines aquatic exercises with strength training to build endurance, improve cardiovascular health, and tone muscles. This full-body workout leverages the resistance of water for an effective and low-impact training experience.
Personal Trainer: Kerry
$35 fitness member | $47 Social & Nonmember
Register by October 29.

Core Conditioning
9-9:30am, Mon & Wed, Nov 2 - 25
This class will focus on strengthening your core muscles. We will do standing and floor exercises for your lower back, hips, and abdomen. We will also do a warm-up, strength, light cardio, and stretching exercises.
Personal Trainer: Katy
$25 fitness member | $36 social & nonmember
Register by Nov 1.

Neck & Back Mobility
9:45-10:15am, Mon & Wed, Nov 2 - 25
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.
Personal Trainer: Katy
$37 fitness member | $49 social & nonmember
Register by November 1.

Monday Water Bootcamp
10:10-11am, Mondays, November 2 - 23
This four-week class is in the warm water pool. Plan for circuits, aqua bikes, and resistant equipment/tools. Water Bootcamp combines aquatic exercises with strength training to build endurance, improve cardiovascular health, and tone muscles. This full-body workout leverages the resistance of water for an effective and low-impact training experience.
Personal Trainer: Kerry
$35 fitness member | $47 Social & Nonmember
Register by November 1.

Knee Strength
11:15-11:45am, Mon & Wed, Nov 2 - 25
The knees play a crucial role in lower-body movement. Strong knees will reduce the risk of falls and improve functional movements. In this class, we will focus on mobility exercises to improve joint range of motion, balance exercises to enhance stability, and knee-friendly strength exercises to build strong knees and improve quality of life. All fitness levels welcome. Individuals recovering from injury, struggling with arthritis, or looking to prevent future issues are encouraged to attend.
Personal Trainer: Katy
$30 fitness member | $41 social & nonmember
Register by November 1.



NOVEMBER SPECIALTY FITNESS CLASSES

Evening Aqua Cycle
8:10-8:40pm, Tues & Thur, Nov 3 - 19
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 November 2.

Lower Body Mobility
9-9:30am, Tues & Thur, Nov 3 - 19
Having strong leg 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
$25 fitness member | $36 social & nonmember
Register by November 2

Deep Stretch & Relaxation
10-10:45am, Tuesdays, November 3 - 24
Easy Qigong and yoga stretches combined with controlled breathing and gentle self-massage to relax your body and inner being. Learn to ease into stretches, open your mind to deeper awareness, and let your breath guide you into deep relaxation. Open to all levels of fitness.
Instructor: Michael
$25 fitness member | $36 Social & Nonmember
Register by November 2

Strong Bones
1-1:30pm, Tues & Thur, Nov 3 - 19
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
$25 fitness member | $36 social & nonmember
Register by November 2

Wednesday Water Bootcamp
11:10am-12pm, Wednesdays, November 4 - 18
This three-week class is in the warm water pool. Plan for circuits, aqua bikes, and resistant equipment/tools. Water Bootcamp combines aquatic exercises with strength training to build endurance, improve cardiovascular health, and tone muscles. This full-body workout leverages the resistance of water for an effective and low-impact training experience.
Personal Trainer: Kerry
$26 fitness member | $37 Social & Nonmember
Register by November 3

Wall Pilates
1:45-2:15pm, Tuesday, November 10
Wall Pilates is a low-impact, full-body workout that uses the wall for support to improve strength, flexibility, and posture. This class focuses on controlled movements and core engagement, making it accessible and effective for all fitness levels.
Personal Trainer: Olga
$5 fitness member | $15 social & nonmember
Register by November 9

Aqua Cycle - Warm Water Pool
8-8:30am, Tues & Thur, Nov 19 - Dec 10 OR
8:45-9:15am, Tues & Thur, Nov 19 - Dec 10
An aqua cycle class is a high-energy, low-impact workout that takes place in the water, combining cycling with the resistance of water to tone muscles and improve cardiovascular health. Participants pedal on stationary bikes submerged in the pool, benefiting from the buoyancy of water to reduce strain on joints while still achieving a full-body workout.
Instructor: Maureen
$25 Fitness Members | $36 Social & Nonmembers
Register by November 18

Balance Workshop
1-1:45pm, Thursday, November 19
Join Sunny for a one-time session focusing on improving balance and coordination and providing exercises you can do at home! Improving your balance will decrease the risk of falls as well as being able to add in more activity safely and confidently. You can expect a variety of exercises targeting primarily the core and legs.
Personal Trainer: Sunny
$12 fitness member | $22 social & nonmember
Register by November 18

DROP IN FITNESS CLASSES + RECREATIONAL WELLNESS

Drop in Fitness Classes are FREE for Fitness Members. $10 for Social and Nonmembers

Yoga 101
9:15-10:00am, Sundays
Traditional yoga postures are practiced then linked together to create basic flows for those new to yoga.
Instructor: Nora

Pilates
10:15-11am, Sundays
This class combines traditional mat Pilates movements for barre, yoga, strength, and calisthenics to increase strength, muscular endurance, balance, and flexibility.
Instructor: Nora

Cancer Fitness
11:15am-12:00pm, Mondays & Wednesdays
Supportive workout group dedicated to regaining strength, mobility, balance and range of motion due to cancer treatment or surgeries.
Insructor: Kim

Boxing 101
12:45-1:30pm, Mondays & Thursdays
Beginner Friendly. Cardio focus with strength aspects to improve overall fitness, coordination, and endurance.
Personal Trainer: Kris

Yoga
4:30-5:15pm, Fridays
Enhance your mind body connection while increasing flexibility, strength and balance through stretching and deep breathing techniques.
Instructor: Hannah

Recreation Wellness Activities are FREE for BOTH Social and Fitness members.

Pickleball
Offered daily in Studio 1, Willow Room, and Outdoor Courts. Please see the Pickleball schedule for details.

Ping Pong
12-1:45pm, Tuesdays & Thursdays
10:45am-12pm, Saturdays

Square Dance
12-3pm, 1st and 3rd Tuesday, October 1 and 15
12-1pm: Learn the steps to square dancing
1-3pm: Square dance calling

Walking Club
11am-12pm, Tuesdays and Thursdays



PERSONAL TRAINING & SMALL GROUP FITNESS

Personal Training

At 125 LIVE, we take personal training seriously. All of our trainers hold certifications with nationally accredited organizations and are current in continuing education. In fact, most also carry specialization certifications, such as Senior Fitness, corrective fitness, and even Golf fitness specialties. We also offer two distinct formats for personal training: one-on-one, our most popular option, and small-group training (SGT), which still provides personal, individualized attention at a more cost-effective rate.

Lastly, our personal training program knows no boundaries. We offer remote training, water training, and even outdoor components in addition to our standard training settings. We use almost all of the fitness space in the building to provide cutting-edge resources and a variety of programming. Our trainers are diverse in culture and experience. You will be able to find a perfect fit, no matter your need.

Email us at info@125livemn.org for more information or to schedule a Fitness Consultation.
Personal Training Information

1 HOUR: Use the one-hour option for a comprehensive fitness assessment or to meet with a trainer who will answer your questions and guide you through a workout.

5 HOURS: The 5-hour package is a great way to start your fitness journey and is a favorite among small-group clients. Utilize your time as you see fit and set your own schedule!

10 HOURS: Looking to get the most for your money? For those of you committed to staying on track, the 10-hour package is the best value for the price.

To schedule a Fitness Consultation, Personal Training, or Equipment Orientation -> Email info@125livemn.org

Please note due to demand, it can take a week or so to connect with a trainer to schedule an appointment.

Small Group Training

Looking for a fun, motivating way to reach your fitness goals? Small Group Training at 125 LIVE offers the perfect combination of personalized attention, expert guidance, and the encouragement of working out with others!

Led by our certified personal trainers, these small group sessions provide an opportunity to improve strength, build endurance, increase flexibility, and enhance overall fitness in a supportive environment. Whether you're just getting started or looking to take your workouts to the next level, our trainers can help you work toward your individual goals while enjoying the energy and accountability of a group.

With training opportunities available in the morning, afternoon, and evening, it's easier to find a time that fits your schedule. You'll benefit from professional instruction, proper exercise techniques, and the camaraderie of others working toward healthier lifestyles.

Take the next step in your fitness journey! Ask a 125 LIVE certified personal trainer about available small group training sessions and find the right fit for you.

