



125 LIVE Medical Wellness Suite Grand Opening

Thanks in large part to the generosity of Lucinda Stockwell, 125 LIVE opened Rochester's newest medical fitness suite on January 1st. Our goal is to create a space that best serves the needs of participants through classes like Rock Steady Boxing for Parkinson's, Fitness for Cancer Survivors, Fighters & Caregivers, as well as PWR! Moves: Improved Neurological Function. This new space is equipped with a variety of equipment for adults of all wellness levels and ages

Rock Steady Boxing will start in February, with instructor Raphael Butler helping people fight back against Parkinson's disease. Classes will feature multiple ability levels for those living with varying stages of Parkinson's.

Fitness for Cancer Survivors, Fighters, & Caregivers, is set to start in January with registration open now. This class is designed for anyone whose life has been impacted by cancer, and help anyone battling cancer stay fit and active. 125 LIVE's certified Cancer Exercise Specialists through the Cancer Exercise Training Institute and the American Council on Exercise will guide participants on a safe and effective wellness journey.

PWR or Parkinson's Wellness Recovery is an ongoing class offered at 125 LIVE that provides functional workouts for that improve activities of daily living.

125 LIVE is now offering arthritis classes in the warm water pool. Check out our monthly pool schedule for more details.