

Meet Max Koschmeder

125 LIVE Fitness Instructor



My wife and I have been in the Rochester area for 35 years.
I am originally a farm boy from NE Iowa that loves calling Minnesota my home

I enjoy passing along my love and enthusiasm for Yoga at 125 LIVE.

In my free time, I'm a car guy that enjoys restoring old Mustangs.
I like hunting for parts at swap meets, attending car shows, and
researching the history about any old Ford vehicles. I'm currently
building a faithful replica of a 1966 Shelby AC Cobra.

I look forward to meeting and getting to know you.

Max

Join Max for Yoga
Wednesdays 12:30 – 1:15 pm and 5:45 – 6:30 pm
Rotating Saturdays 8 – 8:55 am



125 LIVE Center for Active Adults
125 Elton Hills Drive NW, Rochester, MN 55901
507-287-1404 – www.125LIVEMN.com