

Fitness

Below are drop-in classes that are included with membership to the Aurora Center for Active Adults.

TOTAL FITNESS

Age 50 and older

Get totally fit with a warm-up, low-impact cardiovascular aerobics, strength training and cool-down stretching and flexibility exercises.

- **Monday, 8-8:45 a.m.**
- **Monday/Tuesday/Thursday/Friday, 9-10 a.m.**

MAT YOGA

Age 50 and older

Practice the eight limbs of classical yoga, including conscious breathing, gentle yoga posture, relaxation and mindfulness meditation.

- **Monday, 11 a.m. - noon**
- **Tuesday, 1-2 p.m.**

ZUMBA

Age 50 and older

Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

- **Tuesday, 10:30 - 11:30 a.m.**

STEP AND MOVE

Age 50 and older

This class focuses on simple dance moves that build into more complex sequences. This is a great cardio workout that improves cardio endurance and burns calories.

- **Wednesday, 9-10 a.m.**

SILVERSNEAKERS CLASSIC

Age 50 and older

This class focuses on strengthening muscles and increasing the range of movement for daily life activities. Participants can use handheld weight elastic tubing with handles and a Silversneakers ball. Often, a chair is used for seating exercises or standing support.

- **Wednesday, 11 a.m. - noon**

POP and ZUMBA

Age 50 and older

Fun and full-body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

- **Thursday, 10:10-11:10 a.m.**



SILVERSNEAKERS CIRCUIT

Age 50 and older

Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, a Silversneakers ball and a chair are used.

- **Friday, 11:15 a.m. - 12:15 p.m.**

WEIGHTROOM ORIENTATIONS

Ages 50 and older

This is a complimentary information fitness orientation typically 30 minutes in length that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop and change settings on cardio machines and change seat height and weight selection on machines. Call to make an appointment.

* Please note: an orientation is not a personal training session.

- **Tuesday/Thursday, 9-9:30 a.m.**