Fitness

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

**TOTAL FITNESS**
*Ages 50 and older*
Get totally fit with a warm-up, low impact cardiovascular aerobics, strength training, cool down stretching and flexibility exercises.
- Monday, 8-8:45 a.m. and 9-10 a.m.
- Tuesday, 9-10 a.m.
- Thursday, 9-10 a.m.
- Friday, 9-10 a.m.

**MAT YOGA**
*Ages 50 and older*
Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation, and mindfulness meditation.
- Monday, 11 a.m.-noon
- Tuesday, 1 - 2 p.m.

**ZUMBA**
*Ages 50 and older*
Dance your way to a fitter you with exciting and unique Latin moves and rhythms.
- Tuesday, 10:10-11:10 a.m.

**SILVERSNEAKERS CLASSIC**
*Ages 50 and older*
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use handheld weights, 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.

**GLOBAL DANCE BEATS**
*Ages 50 and older*
An upbeat cardio experience combining dance and drumming with squats and lunges targeting inner, outer, butt, core and more!
- Friday, 10:05 - 11:05 a.m.

**SILVERSNEAKERS CIRCUIT**
*Ages 50 and older*
Move to the music through a variety of exercises designed to increase muscular strength and range of movement. Weights, resistance bands, a SilverSneakers ball and a chair are used.
- Friday, 11 a.m.-noon

**BELLY DANCE FIT**
*Ages 50 and older*
This encompasses belly dance, core fitness and strength building cardio into one invigorating and rejuvenating workout.
- Friday, 12:15-1:15 p.m.

**WEIGHT ROOM ORIENTATIONS**
*Ages 50 and older*
This complimentary information fitness orientation is typically 30 minutes in length and will provide you with the basics of how to use the weight machines and cardio equipment. You will learn how to start, stop and change settings on cardio machines, change seat height and weight selection on machines and have a discussion of proper form on the weight machines.*
*Please note: an orientation is not a personal training session.*
- Tuesday/Thursday, 9-9:30 a.m.