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 postures, 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, 10:10-11:10 a.m.

SILVERNEAKERS BOOM MOVE
Age 50 and older
This class focuses on simple dance moves that build into more complexed sequences. This is a great cardio workout that improves cardio endurance and burns calories.
  - Wednesday, 9-10 a.m.

SILVERNEAKERS 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 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.

SILVERNEAKERS 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.

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 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.