

AUBURN COMMUNITY & EVENTS CENTER

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:20-8:20 AM					CARDIO KICKBOXING BROOKE	
8:00-9:00 AM	CARDIO KICKBOXING BROOKE	 ABBY	BUTTS & GUTS BROOKE	 ABBY		
8:30-9:30 AM						
9:20-10:20 AM	TABATA BURN SKYE	STRENGTH & BODY SCULPT ANGELA	RECOVERY STRETCH SKYE	STRENGTH & BODY SCULPT ANGELA	 AMY	
10:30-11:30 AM			YOGA ERIN		TAI CHI SUSAN	
11:00-12:00 PM	CORE CUT GRACE	GENTLE YOGA DEE		GENTLE YOGA DEE		
12:15-1:15 PM	BARRE CLAIRE	TABATA BURN SKYE	BARRE CLAIRE	TABATA BURN SKYE	YOGA BURN ASHLEY	
2:00-3:00 PM	 ANGELA		 ANGELA		 ANGELA	
4:30-5:30 PM	BODY STRONG SKYE	BUTTS & GUTS BROOKE	BODY STRONG SKYE	HIIT & STRETCH SKYE		
5:40-6:40 PM	 JAYE	BOXING BROOKE	 JAYE			
6:50-7:50 PM	ZUMBA SEASON	YOGA AMY	BARRE GRACE	ZUMBA SEASON		

*All classes on schedule are included in the Fitness Membership and available to daily drop-in participants.

MORE INFORMATION AND CLASS DESCRIPTIONS AVAILABLE AT
WWW.AUBURNWA.GOV/FITNESS

Effective 10/15/18

AUBURN COMMUNITY & EVENTS CENTER

GROUP FITNESS CLASSE

Body Strong

Lean muscle mass burns 33% of your daily calories. Body strong will help you build that lean muscle mass with an hour of full body toning and strength building exercises using low impact weighted movements. Rockin' music will make the time fly by!



Group Centergy will grow you longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience through this full-body fitness journey.

Gentle Yoga

Gentle Yoga is a class designed to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement. Chairs are available to provide adaptive support. This class is an excellent option for those experiencing mobility challenges.

Strength & Body Sculpt

Designed to sculpt and tone muscles. Total body workout using adjustable barbell, free weights and body weight. Noticed improvement in your strength, muscle tone, balance and core and leg strength. Fun music to motivate and get your heart rate up.

Yoga

Break up your week/day by exploring a variety of yoga practices to rejuvenate your body and mind. Classes will focus on asana, pranayama, and meditation.

Barre

This low-impact workout combines Pilates, yoga and ballet moves to give you long, lean and sculpted muscles. Isometric exercises allow special focus on specific muscles for defined results.

Butts & Guts

Target Abs and Gluteus for a powerful workout! Along with strength segments, primary focus is placed on strengthening and toning the abdominals, glutes and back muscles to increase balance and power throughout your entire body.

Cardio Kickboxing

Free weight power segments combined with Cardio pumping intervals challenge both your cardiovascular system and all major muscle groups. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Release stress and have a blast!



Have fun and move to the music with exercises designed to increase strength & range of motion for daily living. Hand-held weights, elastic tubing and a ball are offered for resistance. A chair is used for seated exercises and standing support. Silver Sneakers CardioFit is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus on upper-body and core strength plus cardio endurance. This is a higher intensity class than classic.

TABATA BURN

Want to burn 70% more calories after your workout? Tabata Burn is a combination class of simple cardio moves and muscle toning intervals that will rev your metabolism for up to 72 hours post workout. Short on time? Take the first or last half to fit your schedule. Formerly HIIT Lean.

RECOVERY STRETCH

Increasing postural balance prevents falls, and distributes weight more evenly. Increasing flexibility helps you run longer, kick higher, and HIIT faster as well as keeping you more stable on your feet. Increasing stability prevents torn ligaments, tendons and muscles.

TAI CHI

Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements.



ZUMBA® Has become one of the fastest growing dance-based fitness workouts putting Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and water bottle.

CORE CUT

Core Sculpting is a hybrid class that is 2, half-hour classes back to back that can be taken together or separately based on your schedule! The first half focuses on proper training for total core definition and toning. The last half will focus on upper and lower body toning using free weights and body weight.

BOXING

This class is the real deal! Using gloves and mitts and working with a partner you'll learn proper technique and form. See rapid results in this total body workout and have a whole lot of fun!

YOGA BURN

Yoga Burn builds strength, stamina and flexibility by using flow to build internal heat. Instructor develops sequences that synchronize breath with movement for maximum burn and stress reduction.

HIIT & STRETCH

High Intensity Interval Training is shown to maximize fat burn! Combined with 30 minutes of recovery stretch will keep you fit and flexible.
