












# AUBURN COMMUNITY & EVENTS CENTER

## GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45-7:45 AM					CARDIO KICKBOXING BROOKE	
8:00-9:00 AM	CARDIO KICKBOXING BROOKE	 ABBY	BUTTS & GUTS BROOKE	 ABBY		
8:30-9:30 AM						 AMANDA
9:20-10:20 AM	HIIT Lean SKYE	STRENGTH & BODY SCULPT ANGELA	ACTIVE MOBILITY SKYE	STRENGTH & BODY SCULPT ANGELA	 AMY	
10:30-11:30 AM			YOGA ERIN		TAI CHI SUSAN	
11:00-12:00 PM	STRENGTH CIRCUIT GRACE	GENTLE YOGA DEE		GENTLE YOGA DEE		
12:15-1:15 PM	BARRE CLAIRE	HIIT Lean SKYE	BARRE CLAIRE	HIIT Lean SKYE	YOGA ELECTRA	
2:00-3:00 PM	 ANGELA		 ANGELA		 ANGELA	
4:30-5:30 PM	 AMANDA	BUTTS & GUTS BROOKE	 AMANDA			
5:40-6:40 PM	 TAMI		YOGA ELECTRA	 TAMI		
6:50-7:50 PM	ZUMBA® SEASON	YOGA ELECTRA	BARRE GRACE	BOXING SKYE		

\*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](http://WWW.AUBURNWA.GOV/FITNESS)

Effective 7/3/18

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## GROUP FITNESS CLASSES



Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!



Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat 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

Classes change up each time as you use free weight power segments combined with Cardio pumping intervals to 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. You'll release stress, have a blast and feel like a champ!



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.

### HIIT Lean

HIIT Lean 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 is filled with High Intensity Interval Training to kick your metabolism into gear and melt fat. The second half is circuit style designed to tone muscle and lean it out.

### ACTIVE MOBILITY

Increasing postural balance helps prevent falls, and distribute weight more evenly, no matter how you like to sweat! 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.

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## **STRENGTH CIRCUIT**

Tone and strengthen all muscle groups while learning proper form and technique for maximum results! Weights will build your muscle strength, cardio increases your endurance and overall fitness.

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## **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! Equipment is available or bring your own.

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