

AUBURN COMMUNITY & EVENTS CENTER

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45-7:45 AM	CARDIO KICKBOXING BROOKE		BUTTS & GUTS BROOKE		CARDIO KICKBOXING BROOKE	
8:00-9:00 AM		 ABBY		 ABBY		
8:30-9:30 AM					 AMY 9:00AM	 AMANDA
9:20-10:20 AM	 LAURIE		 LAURIE			
10:30-11:30 AM			YOGA ERIN			
10:50-11:50 AM	 CLAIRE	GENTLE YOGA DEE		GENTLE YOGA DEE		
12:15-1:15 PM	BARRE MINDY		BARRE MINDY		YOGA MINDY	
1:00-1:45 PM					PULMONARY  ANGELA	
2:15-3:15 PM	 ANGELA *SENIOR CENTER		 ANGELA *SENIOR CENTER		 ANGELA *SENIOR CENTER	
4:30-5:30 PM	 AMANDA	BUTTS & GUTS BROOKE	 AMANDA	BARRE GRACE		
5:40-6:40 PM	 JAYE	 KARA	 JAYE	 KARA		
6:50-7:40 PM	 KIRSTEN	YOGA KATIE		 KIRSTEN		

*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

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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! POWER UP!



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. REDEFINE YOURSELF.



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.

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.



Silver Sneakers CardioFit is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than classic.

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.



PULMONARY

This class combines a classic Silver Sneakers workout with deep, yoga breathing for an adaptive workout perfect for those with pulmonary challenges or those just getting started with a fitness regimen. Classic Silver Sneakers includes easy-to-follow low-impact movements, upper body strength, abdominal conditioning that is safe, heart healthy and gentle on joints.

Butts & Guts

Butts & Guts - Say no more! Target Abs and Gluteus for a powerful workout. Along with strength segments, predominant focus is placed on strengthening and toning the abdominals, glutes and back muscles to facilitate 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. You'll punch and kick your way to fitness. 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!



CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities 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. Class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.
