



**SPRING
2024**

DROP-IN CLASSES

AT ACAA

TOTAL FITNESS

Ages 50 & 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

Ages 50 & 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

Age 50 & older

Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

- **Tuesday, 10:10-11:10 a.m.**

STEP AND MOVE

Ages 50 and older

Is a great cardio workout that improves cardio endurance and burns calories. This class focuses on cardio endurance by starting with simple dance moves and then building them into more complex sequences, bringing you a great cardio workout.

- **Wednesday, 9-10 a.m.**

SILVERSNEAKERS CLASSIC

Ages 50 & older

This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seating exercises or standing support.

- **Wednesday, 11 a.m.-noon**

CHAIR YOGA

Ages 50 and older

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

- **Wednesday, 1:00 - 2:00 p.m.**

POP & ZUMBA

Ages 50 & 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 & 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

Age 50 & 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, and a SilverSneakers ball, and chair are used.

- **Friday, 11:15 a.m.-12:15 p.m.**
- **Friday, 12:20 - 1:20 p.m.**

WEIGHTROOM ORIENTATIONS

Ages 50 & 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, 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.**



Aurora Center for Active Adults

30 W Del Mar Cir, Aurora, CO 80011 | 303-739-7950