



CENTRAL RECREATION DROP-IN FITNESS

ADULTS 18 & OLDER
Youth 12-15 must be accompanied by adult.

Schedules are subject to change, visit us online for the most up-to-date at AuroraGov.org/Recreation.



DROP-IN & MEMBERSHIP

Includes the use of:

- Weight room and exercise area featuring free weights, strength machines, treadmills, steppers, elliptical machines and more!
- Drop-in Fitness Classes
- Full Length Walking Track

PERSONAL TRAINING

Individual

30 min. \$28 • 60 min. \$40

Introductory Session:

1st time client fitness assessment: \$45/1hr

3 Pack (180 min) \$110

6 Pack (360 min) \$195

FREE ORIENTATION ON USE OF FITNESS EQUIPMENT

Learn how to effectively and safely use our fitness equipment. Let a certified trainer take the guess work out for you. This service is free and included with your admission fee.

PLEASE CALL 720.859.4999 TO REGISTER. WEIGHT ROOM ORIENTATIONS ARE SCHEDULED BY APPOINTMENT ONLY.

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|------------|-------------------------|-----------------|----------------|
| MON | Early Bird Boot Camp | 6-7 a.m. | Mesa Verde |
| | Silver Sneakers Classic | 9:30-10:30 a.m. | Mesa Verde |
| | Lunch Express | noon-12:30 p.m. | Mesa Verde |
| | Bootcamp | 5:30-6:30 p.m. | Mesa Verde |
| | Mat Yoga | 6:35-7:35 p.m. | Rocky Mountain |

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|--------------|---|------------------|----------------|
| TUE | CardioStrength | 9:30-10:30 a.m. | Weight Room |
| | Chair Yoga | 10:45-11:45 a.m. | Mesa Verde |
| | CardioStrength | 4:30-5:30 p.m. | Weight Room |
| | Power Cruz Spin | 5:30-6:30 p.m. | Rocky Mountain |
| | <i>Limited seats. Reserve in advance.</i> | | |
| Central Core | 6:35-7 p.m. | Rocky Mountain | |

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|------------|-------------------------|-----------------|----------------|
| WED | Early Bird Boot Camp | 6-7 a.m. | Mesa Verde |
| | Hatha Yoga | 9-10 a.m. | Rocky Mountain |
| | Silver Sneakers Classic | 9:30-10:30 a.m. | Mesa Verde |
| | Lunch Express | noon-12:30 p.m. | Mesa Verde |
| | Twisted Tabata | 5:30-6:30 p.m. | Mesa Verde |
| | Mat Yoga | 6:35-7:35 p.m. | Rocky Mountain |

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| THU | CardioStrength | 9:30-10:30 a.m. | Weight Room |
| | Essentrics | 9:30-10:30 a.m. | Mesa Verde |
| | Vinyasa Flow Yoga | noon-1 p.m. | Mesa Verde |
| | CardioStrength | 4:30-5:30 p.m. | Weight Room |
| | Power Cruz Spin | 5:30-6:30 p.m. | Rocky Mountain |
| | <i>Limited seats. Reserve in advance.</i> | | |
| Central Core | 6:35-7 p.m. | Rocky Mountain | |

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|------------|-------------------------|-----------------|------------|
| FRI | Silver Sneakers Classic | 9:30-10:30 a.m. | Mesa Verde |
| | Lunch Express | noon-12:30 p.m. | Mesa Verde |

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|------------|----------------|-----------------|------------|
| SAT | CardioStrength | 9:15-10:15 a.m. | Mesa Verde |
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RECREATION CENTER HOURS

Monday-Thursday
5 a.m.-10 p.m.

Friday 5 a.m.-8 p.m.

Saturday and Sunday
8 a.m.-7 p.m.

CENTRAL RECREATION DROP-IN FITNESS

CENTRAL RECREATION CENTER DROP-IN FITNESS CLASS DESCRIPTIONS

EARLY BIRD BOOTCAMP

Start your day off strong with this intense and fun class! Through circuits, intervals, and stations and the use of various equipment, this class will have something for everyone.

HATHA YOGA

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Full-body relaxation and balance are the goals with an emphasis on simplicity, repetition, and ease of movement.

SILVER SNEAKERS CLASSIC

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, tubing and a SilverSneakers, ball and chair are used.

LUNCH EXPRESS

This 30 minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart up and muscles firing.

BOOTCAMP

Through intervals, stations, and circuits, this class mixes body weight exercises with high intensity cardio and strength training. These classes are designed to push participants to grow stronger and more powerful. Go easy or go hard, this class has something for everyone!

CARDIOSTRENGTH

This all-in-one workout combines intervals of strength work on our weight machines with bursts of aerobic exercise. Get strong, burn fat and have fun!

CHAIR YOGA

Seated and standing poses using chairs as support to help improve flexibility, balance and movement.

POWER CRUZ SPIN

A combination of indoor cycling and off cycle workout using body weight exercises building strength, stability and balance. Total calorie burn.

Limited seats available. Please reserve in advance at the front desk.

CENTRAL CORE

Core training is about power, strength, and stabilization. You'll work your back, butt, abs and oblique's to build a rock solid core that helps ease lower back pain and prevent injury.

TWISTED TABATA

The most intense and effective workout you will ever do! High intensity interval training is proven to boost metabolism and take you to the next level. Class finishes with focused core and back exercises. Appropriate for all fitness levels.

MAT YOGA

Take it to the next level. Some yoga experience is helpful but not required. Open to everyone with the ability to move through standing, kneeling and reclined positions unassisted.

ESSENTRICS

A completely original workout that draws on the flowing movements of Tai Chi which create health and balance; the strengthening theories behind ballet which create long, lean, flexible muscles; and the healing principles of physiotherapy which create pain-free bodies.

VINYASA FLOW YOGA

As you mindfully integrate movement and breath, this class is aimed at the seasoned beginner who is ready to expand their yoga practice. These classes incorporate some arm balances, deeper backbends, standing and seated postures, with a strong focus on the power of breath awareness. Props and modifications may be offered for proper alignment and ease in the postures.