



# ACA A

## DROP-IN FITNESS

### ADULTS 18 & OLDER

**Pay Drop-in Fee or Membership**  
Free if you swipe your SilverSneakers® or SilverFit membership card.

Pick up at ACA A or online at [AuroraGov.org/Recreation](http://AuroraGov.org/Recreation), adults 50+.

Schedules are subject to change, visit us online for the most up-to-date at [AuroraGov.org/Recreation](http://AuroraGov.org/Recreation).



### DROP-IN & MEMBERSHIP

Includes use of:

- Weight & Exercise Room featuring weights, treadmills, NuStep, the Wave, bikes, stepper & elliptical machines.
- Drop-in Fitness Classes
- Billiards

### 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

### MASSAGE

30 min. \$37 • 60 min. \$52

#### Introductory Session:

1st time clients \$45/1 hr.  
3 Pack (180 min.) • \$141  
5 Pack (300 min.) • \$225



MON	Activity	Time	Room
	Strength Training	7:30 a.m.	Weight Room
	Total Fitness	8 a.m. & 9:05 a.m.	Room 105
	SS Classic	8:30 a.m. & 1:30 p.m.	Room 103
	Dance, Drum, & Jam	10:15 a.m.	Room 105
	Gentle Tai Chi	11:15 a.m.	Room 105
	Mat Yoga	11:15 a.m.	Room 103
	Strength Training	11:30 a.m.	Weight Room
	Strength & Balance	12:30 p.m.	Room 103
	Chair Yoga	2:30 p.m.	Room 103
	Zumba	5:30 p.m.	Room 105

TUE	Activity	Time	Room
	Chair Yoga	8:30 a.m.	Room 103
	Total Fitness	9 a.m.	Room 105
	Essentrics	11:30 a.m.	Room 105
	SS Circuit	1:30 p.m.	Room 105
	Belly Dance	3 p.m.	Room 103
	Strength Training	4 p.m.	Weight Room
	Zumba Step	5:30 p.m.	Room 105

WED	Activity	Time	Room
	Strength Training	7:30 a.m.	Weight Room
	Total Fitness	8 a.m. & 9 a.m.	Room 105
	Zumba Gold	9:05 a.m.	Room 103
	Strength, Stretch & Balance	10 a.m.	Room 103
	SS Classic	10:15 a.m. & 1:30 p.m.	Room 105
	Gentle Tai Chi	11:15 a.m.	Room 103
	Strength Training	11:30 a.m.	Weight Room
	Strength & Balance	12:30 p.m.	Room 103
	Chair Yoga	2:30 p.m.	Room 103
	Zumba & Toning	5:30 p.m.	Room 105

THU	Activity	Time	Room
	Chair Yoga	8:30 a.m.	Room 103
	Total Fitness	9 a.m.	Room 105
	Essentrics	11:30 a.m.	Room 103
	SS Circuit	1:30 p.m.	Room 105
	Strength Training	4 p.m.	Weight Room
	Zumba Circuit	5:15 p.m.	Room 105

FRI	Activity	Time	Room
	Strength Training	7:30 a.m.	Weight Room
	Total Fitness	8 a.m. & 9 a.m.	Room 105
	Tai Chi	8:45 a.m. & 9:45 a.m.	Room 103
	SS Classic	10:15 a.m. & 1:30 p.m.	Room 105
	Dance, Drum, & Jam	10:45 a.m.	Room 111
	Global Zumba	11:30 a.m.	Room 111
	Golden Barre	11:30 a.m.	Room 103
	Chair Yoga	2:30 p.m.	Room 103

SAT	Activity	Time	Room
	Gentle Yoga	9 a.m.	Room 105
	Total Fitness	10:15 a.m.	Room 105



# ACAA

## DROP-IN FITNESS

### ACAA DROP-IN FITNESS CLASS DESCRIPTIONS

#### **BEGINNER BALANCE AND STRENGTH**

Practice balance techniques while strengthening your muscles.

#### **BELLY DANCE**

Have fun learning the basic isolations you need for belly dance as well as exciting things about your muscle groups; learn how to access your inner core muscles to create beautiful and fluid movements. Develop self-confidence, coordination, and comfort inside your own skin.

#### **CHAIR YOGA**

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

#### **DANCE AND DRUM JAM**

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance and fitness moves with drumsticks.

#### **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.

#### **GENTLE TAI CHI**

Gentle, slow, meditative movements that help improve strength, balance, flexibility and energy levels.

#### **GENTLE YOGA**

Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation, and mindfulness meditation. Still the mind, improve posture and balance, increase flexibility, and build strength.

#### **GOLDEN BARRE**

A fusion of Pilates, Yoga and dance utilizing tools such as Bender Ball, Glider disks and resistance tubes engaging the muscles through isometric contractions without straining the tendons or ligaments.

#### **LINE DANCE**

Stimulate your brain and exercise your muscles. Beginner or Intermediate.

#### **QI GONG**

The practice of aligning breath, movement, and awareness for exercise, healing, and mediation with a focus on physical and mental discipline.

#### **SILVERSNEAKERS® (SS) CLASSIC**

Increase your muscular strength and range of movement. Chair is used for support.

#### **SILVERSNEAKERS® (SS) CIRCUIT**

Combines fun with fitness to increase your cardio and muscular endurance with a standing circuit workout. Hand-held weights, tubing and balls are alternated with low impact cardio exercises. Chair is used for support, stretching and relaxation exercises.

#### **STRENGTH, STRETCH AND BALANCE**

This adaptation uses bands and exercise balls to help strengthen and stretch your body. This class is a great mix-up of yoga and a traditional fitness class.

#### **STRENGTH TRAINING**

Total body workout in the weight room that combines cardio, hand weights and weight machine exercises that will challenge all muscle groups.

#### **TOTAL FITNESS**

Get totally fit with a warm up, low impact cardiovascular aerobics, strength training, and cool down stretching and flexibility exercises.

#### **ZUMBA® CIRCUIT**

Complete workout with circuit and metabolism-boosting training.

#### **ZUMBA® GOLD**

Recreates the original moves you love at a lower-intensity for active adults.

#### **ZUMBA® STEP**

Strengthen and tone your legs and glutes.

#### **ZUMBA® TONING**

Zumba Toning Sticks are used in this class for extra emphasis on toning and sculpting to define those muscles!

#### **ZUMBA® - ZUMBA AND GLOBAL ZUMBA**

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