



ACA DRO-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 or online at AuroraGov.org/Recreation, adults 50+.

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



DRO-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.

ESSETRICS

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.