

TRY EXPO FITNESS CLASSES TODAY!

Monday-Thursday: 8 a.m. to 8 p.m. • Friday: 8 a.m. to 5 p.m.

Saturday-Sunday: 8 a.m. to 3 p.m.

303.326.8630 • AuroraGov.org/Recreation



AMENITIES INCLUDE

WEIGHT & EXERCISE ROOM FEATURING FREE WEIGHTS, STRENGTH MACHINES, TREADMILL, ELLIPTICALS AND BIKES

Individuals must be 16+ to use the Expo Fitness area.

DROP-IN FITNESS CLASSES

Cardio Strength - Tuesdays and Thursdays 8:15-9:15 a.m. & 5:30-6:30 p.m.

Chair Yoga - Fridays 8:45-9:45 a.m. • **Zumba** - Tuesdays and Thursdays 6:30-7:30 p.m.

SilverSneakers Classic - Mondays and Thursdays from 8:45-9:45 a.m.

Hatha Yoga - Wednesdays 9-10:30 a.m. (5-Punch-\$50, 10-Punch-\$100, Drop-in-\$12)



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