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**New Year, New You!**

Group Exercise Schedule March 9 - May 25, 2020

**300 McCanna Parkway Burlington, WI 53105 262-767-7000 www.Aurora.org/AWC**

Facebook: [Join our Group](https://www.facebook.com/groups/AuroraWellnessCenter/)
Class descriptions

Aqua Blast
Take on land equivalent intensity, dynamic instruction, and sing-aloud music in this 45-minute high-energy aquatic class! Meant to challenge participants of all ages, skill and fitness levels.

Aqua Fit
This cardio and strength workout is easy on the joints, yet totally exhilarating for all fitness levels. Use a selection of aquatic equipment in shallow and deep water to strengthen your body and heart.

Aqua Lite
This class benefits those with fibromyalgia, arthritis, back discomfort, injury recovery or anyone wanting a gentle aquatic workout. The class focuses on improving strength, flexibility and range of motion while stabilizing the joints.

Aqua Yoga
The gentle nature of aqua yoga makes it suitable for people of all ages and fitness levels; ideal for those who cannot enjoy the benefits of land yoga due to previous injury and/or inability to get on/off the floor. Aqua yoga widens the spectrum of stretches and may even ease discomfort associated with chronic conditions such as arthritis or fibromyalgia. This 45-minute class is suitable for everyone.

Balanced Strength
This total-body resistance training class uses a variety of equipment focusing on compound exercises challenging not only muscular strength, but balance and core stability.

Core & More
30 minutes of core targeting exercises followed by 20 minutes of stretching and myofascial release. This functional core workout will challenge stability, strength and power using a variety of traditional and non-traditional exercises and equipment. Modifications are provided for all fitness levels.

Hatha Yoga
A balance of opposites, Hatha Yoga is a traditional style of movement intended to unite fiery energy with stability and calmness in an effort to balance the body and mind. Each 60-minute offering is appropriate for all experience levels.

HIIT Cardio & Core
High Intensity Interval Training (HIIT) is all about the energy; cardiovascular training combining intervals of maximum effort followed by complete recovery. Core-strengthening exercises are included throughout the workout. Modifications are provided for all fitness levels. HIIT Cardio Express is a

Hydro Trifecta
This 60-minute workout takes advantage of all aspects of aquatic fitness. Class will start in the shallow end of the competition pool, progress to the deep end for cardiovascular training and end with a relaxing stretch in the warm-water therapy pool.

Metabolic Power Hour
Let one of our motivating fitness specialists lead your ultimate circuit workout: Strength, power, endurance and overall conditioning. Work at your own pace and intensity to achieve your fitness goals.

Power Step
Let the music move you in this fun and energetic class created for all ages and fitness levels. Using a platform for basic step moves as well as bodyweight exercises for interval and strength training, you will achieve a full body workout.

Yoga Stretch (formerly Gentle Stretch)
Stretch and lengthen your muscles in this 45-minute class using methods from Yoga and fitness. You’ll leave feeling refreshed and relaxed from head to toe. This class is appropriate for all levels.