

Class times valid
Jan. 2 to May 25, 2014



Group exercise schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|-----------------|------------------------|------------------------|------------------------|----------------|----------|--------|
| 5:15 a.m. | | Boot Camp | | | | | |
| 7:15 a.m. | | | Gentle Stretch | | Gentle Stretch | | |
| 8 a.m. | Aerobic Dance | Basic Strength | Pilates Matwork | Basic Strength Circuit | Express | Express | |
| 9 a.m. | | Vinyasa Flow Yoga* | | Gentle Yoga Flow* | Boot Camp | | |
| 10 a.m. | | | | | Group Sculpt | | |
| 10:10 a.m. | | | | Hard CORE | | | |
| 11:10 a.m. | Pilates Matwork | | | | | | |
| 4:30 p.m. | Hard CORE | | Metabolic Conditioning | | | | |
| 5:15 p.m. | | | | | | | |
| 5:30 p.m. | | | | | | | |
| 6 p.m. | | | Vinyasa Basics Yoga* | Power Hour | | | |
| 6:15 p.m. | | | | | Family | | |
| 6:30 p.m. | | | | | | | |
| 6:40 p.m. | | | | | | | |

Group Exercise Studio

*Located in the Body and Mind Studio, first floor. Space is limited. Sign up at the service desk 48 hours in advance.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---------------------|------------------------|--------------|----------------------------------|---------------------|----------|--------|
| 5:30 a.m. | Spin | Spin | | Psycho Cycle (75 mins) 5:15 a.m. | | | |
| 6:30 a.m. | | | | | Spin 6:15 a.m. | Spin | |
| 8 a.m. | | Express Spin 8:15 a.m. | | Express Spin 8:15 a.m. | | Spin | Spin |
| 9 a.m. | Spin | Spin | Spin | Spin | Spin | | |
| 4:30 p.m. | | Spin | | | Core Spin 4:45 p.m. | | |
| 5:30 p.m. | Core Spin 5:45 p.m. | | | Spin | | | |
| 6:45 p.m. | | | Express Spin | | | | |

Spin Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|----------------|--------------------|----------------|-------------|----------------|----------------|--------|
| 5:30 a.m. | | | Hydro Trifecta | | | | |
| 8 a.m. | Hydro Interval | Rip Tide | Hydro Interval | Aqua Dance | Hydro Interval | | |
| 9 a.m. | Rip Tide | | Rip Tide | Rip Tide | Rip Tide | | |
| 10:10 a.m. | | | | | | Hydro Trifecta | |
| 5:30 p.m. | Ocean Motion | Power Aqua Express | Ocean Motion | Aqua Tabata | | | |

Two lap lanes are available at all times.

Competition Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---------------|------------------------|---------------|--------------|---------------|----------|--------|
| 5:30 a.m. | | Aqua Stretch | | Aqua Stretch | | | |
| 8:10 a.m. | Gentle Joints | Aqua Tai Yoga | Gentle Joints | | Gentle Joints | | |
| 9:10 a.m. | Moving Free | Moving Free | Moving Free | Moving Free | Moving Free | | |
| 10:10 a.m. | Gentle Joints | | Gentle Joints | | Gentle Joints | | |
| 6 p.m. | | Aqua Stretch (20-mins) | | | | | |

Warm-Water Pool

Aurora Wellness Center reserves the right to cancel any class due to low participation rates.

Class descriptions

Classes are 50 minutes in length unless otherwise stated.

Aerobic Dance

Join us for this low impact, moderate intensity dance class. With easy to follow moves, you'll be dancing to today's hits and yesterday's favorites. Start your Monday off on the "right" foot with this fun, motivating class.

Aqua Dance

The best of both worlds! We take the fun moves and energizing music of the Aerobic Dance class and do it in the water for even less impact on the joints. So much fun you won't even realize you're working out.

Aqua Stretch

Do your body a favor ... use breathing, balance and stretching to awaken each muscle in your body, improving your circulation, flexibility and range of motion.

Aqua Tabata

Tabata is an intense interval training method consisting of periods of active work followed by short recoveries. Use this method in the water for a no-nonsense, awesome workout that is still low impact and easy on the joints.

Aqua Tai Yoga

Take the gentle, meditative movement of tai chi and combine it with the stretching and relaxation of yoga. Done in the warm-water pool, this class is a great way to increase joint range of motion and flexibility.

Basic Strength

We're lifting weights old-school style! Nothing fancy here, just safe, easy-to-follow exercises that are combined for an effective total-body strength workout.

Basic Strength Circuit

Rotate from station to station for a total body workout.

Boot Camp

This circuit training class combines a vigorous cardio workout with strength training stations. Work at your own pace and intensity to achieve your fitness goals.

BODYATTACK™

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This 60-minute high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This class will motivate everyone toward their fitness goals – from the weekend athlete to the hard-core competitor. Express BODYATTACK is 50-minutes long.

BODYPUMP™

This original barbell class strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises, such as squats, presses, lifts and curls. It includes great music, awesome instructors and your choice of weight to inspire you to get the results you came to achieve. Express BODYPUMP is 50 minutes long.

Core Spin

Spin followed by upper-body and core conditioning. A complete workout.

Gentle Yoga Flow

Yoga poses are held using blankets, blocks and straps to gently open and support the body. Slow, gentle movement encourages release of the deep tissue while working within the integrity of your own body in this 60-minute class.

Gentle Joints

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

Gentle Stretch

Stretch and lengthen your muscles in this gentle, non-impact class. You'll be stretched from head to toe and leave feeling refreshed and relaxed.

Group Sculpt

Maximize your muscle with this total body weight-training class. We will tone you from head to toe using challenging compound exercises and time-tested favorites.

Hard CORE

A strong core is essential to a healthy body. This class is designed to improve functional strength for everyday activities.

Hydro Interval

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.

Hydro Trifecta

This 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.

INSANITY®

Just like you've seen on TV, the intense interval training methods of the Insanity DVD series have been put to a group exercise class format. Join us for this energetic class and be prepared to see the changes in your body that you've been looking for. Modifications will be shown for a lower-impact workout.

Metabolic Conditioning

Get ready to burn a lot of calories in this circuit training class. Work on strength, power, endurance and overall conditioning with a variety of functional exercises.

Moving Free

This is a gentle aquatic workout designed to improve strength and flexibility while providing moderate cardiovascular conditioning.

Ocean Motion

This no-impact, deep-water class challenges your cardiovascular strength through the use of buoyancy and resistance equipment.

Pilates Matwork

Pilates is a series of controlled movements engaging your body and mind. This system will consist of quality movement patterns emphasizing the development of core strength and stability. This class is appropriate for individuals of all ages and fitness levels.

Power Aqua Express

This 30 minute high intensity interval workout will give you the same benefits of a longer class in a shorter amount of time. Get ready for a challenging water experience.

Power Hour

This class is the perfect mixture of strength training and cardio using a circuit-training format. Work at your own pace, modifications will be offered to achieve your fitness goals.

Rip Tide

This high-intensity, cross-training water class uses shallow and deep water. The use of aqua belts and resistance equipment enhances your workout for maximum benefit.

Spin, Express Spin and Psycho Cycle

This class features a high-intensity, cardiovascular workout performed to music on a stationary bike. An instructor leads the class through a variety of drills that simulate different terrain. The Express Spin class is 30 minutes. Psycho Cycle class is 75 minutes.

Vinsaya Basics Yoga

Vinyasa Basics is a 60-minute beginner class introducing traditional yoga, no experience is required. This class will break down and focus on good techniques for moving through vinyasa transitions. "Vinyasas" are the transition postures that connects motion with the breath and are an important integrating component of many styles of yoga. This class will also teach breathing, basic asanas (yoga poses) and other techniques to relieve the body of tension and the mind of stress. **This class is recommended for students new to yoga.**

Vinyasa Flow Yoga

This 60-minute class combines the holding of poses and a Vinyasa flow style using a dynamic system of poses and linking breath to improve endurance. The movements also build heat, flexibility and concentration. Previous experience is recommended.

Yoga Body Bootcamp™

The revolutionary new yoga-fitness hybrid created by Deborah Williamson. Think cross-fit intelligence combined with the sweaty, sultry appeal of Zumba, and you'll have an inkling of the flavor of Yoga Body Bootcamp – an ever-evolving workout that will blow your mind and body.

Zumba®

Zumba combines energetic and motivating Latin music and dance moves to create a fun total-body workout. Don't miss this hot, energizing class.

Friday Night Family Zumba – Open to members and their children (6+ years old).