



AUBURN COMMUNITY FITNESS

CLASS DESCRIPTIONS

BARRE	This low-impact, full body workout combines ballet inspired moves with cardio and strength training; improving balance, strength, stamina, and dynamic stability.
CARDIO JAM	Get your groove on with the ultimate dance fitness workout. Combine high energy music with aerobics and dance inspired movements for an effective cardio workout. Suitable for all levels of fitness.
CARDIO KICKBOXING	Free weight power segments combine with cardio intervals to challenge your cardiovascular system and major muscle groups. This high-energy martial-arts inspired workout is non-contact and there are no complex moves to master.
CARDIO STRENGTH	Work on strength and endurance using body weight, free weights and resistance training mixed with cardio drills for a fun and exhilarating workout.
CENTERGY® by MOSSA	This invigorating, mind-body workout will have you feeling longer and stronger. Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, core stability.
GENTLE YOGA	Honor your body through gentle stretching, sustainable movement and a short meditation to complete the practice. A chair, as well as other props can be used to assist in comfort and challenge. An excellent option for those experiencing mobility challenges or new to yoga.
GROUP POWER® by MOSSA	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.
HIIT	High Intensity Interval Training to kick your metabolism into gear. Using body weight or props, each exercise is performed for a set amount of time with a short break before moving rapidly to the next exercise for maximum calorie burn.
LOW IMPACT CIRCUIT	This low-impact workout is for those who want a workout that improves cardiovascular health, but is also easy on the joints. It is a circuit-style aerobic routine great for all fitness levels, especially those who are new to exercise.
PILATES	Pilates matwork is a low impact class where we flow through exercises using bodyweight and small equipment for a full body workout. Build strength, improve coordination, and mobility from the core out. Pilates is great for beginners, as well as the more advanced practitioner.
QIGONG	Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.
SAIL	SAIL is a fitness program for adults age 50 and older. Exercises to improve strength, balance and fitness are the most important activity to stay active and reduce chances of falling. SAIL consists of a warm up, light aerobics, strength & balance training and cool down. All exercises can be done seated or standing.
SILVER SNEAKERS	Move to the music through a variety of exercises to increase strength, range of motion and activities for daily living. Hand-held weights, elastic tubing & ball are offered for resistance. A chair is used for seated exercises & standing support.
STRENGTH & SCULPT	Total body workout using adjustable barbell, free weights and body weight to sculpt and tone muscles. See improvement in strength, muscle tone, balance, and core. All set to fun music to motivate and get your heart rate up.
TAI CHI	Tai Chi is a series of movements performed in a slow, focused manner with deep breathing. It is a self-paced program of gentle, physical exercise and stretching. Each posture flows into the next, ensuring that your body is in constant motion.
YOGA FLOW	An all levels class of poses, breathwork and meditation. Improving balance, strength, flexibility, and body awareness. Moving at a pace where you feel challenged and successful at the same time.
ZUMBA®	ZUMBA® is a dance-based fitness workout putting Latin rhythms with easy to follow moves. Burn calories and body fat; tone and sculpt your body. Ditch the workout! Join the Party!
ZUMBA® TONING	This class combines the cardio moves of Zumba® with body-sculpting exercises using light dumbbells adding resistance.