

AUBURN COMMUNITY FITNESS CLASS SCHEDULE

Updated
10/03/22

	MON	TUES	WED	THURS	FRI	SAT
8:00 AM	CARDIO STRENGTH	SILVER SNEAKERS		SILVER SNEAKERS	CARDIO KICKBOX	
9:10 AM		STRENGTH & SCULPT			CARDIO STRENGTH	
9:45 AM	BARRE		BARRE	Low Impact		YOGA FLOW
10:20 AM		TRAMP-O-LEAN* 10:20-10:50			RECOVERY STRETCH* 10:20-10:50	
11:00 AM	QIGONG	GENTLE YOGA	TAI CHI	YOGA & MINDFULNESS	TAI CHI	
12:15 PM	YOGA STRENGTH		GROUP POWER			
2:00 PM	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS	
4:30 PM	GROUP POWER	BUTTS & GUTS	ZUMBA	GROUP POWER		
5:40 PM	CENTERGY	BOXING BOOTCAMP		YOGA FLOW		
	In- Person	Hybrid				

Consult with your healthcare provider before beginning an exercise regimen.

*Reservations available to guarantee a trampoline. Without reservations trampolines will be available on a first come-first served basis. Scan QR code to reserve your spot.



SCAN ME



AUBURN COMMUNITY
FITNESS