

# July Fitness Calendar

## FITNESS CLASSES AT THE AGOURA REC CENTER

### MONDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Ilene

#### **ZUMBA**

9:45-10:45am  
w/ Rachel

#### **THERAPEUTIC YOGA**

5:00-6:00pm  
w/ Ilene

#### **ZUMBA**

6:30-7:30pm  
w/ Del

### TUESDAY

#### **PILATES**

12:15-1:15pm  
w/ Trissa

### WEDNESDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Ilene

#### **DYNAMIC YOGA**

5:30-6:30pm  
(no class 7/27)  
w/ Chris

### FRIDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Chris

#### **ZUMBA GOLD**

9:45-10:45am  
w/ Del

#### **PILATES**

4:00-5:00pm  
w/ Trissa

### **Fitness Pass for 10 Classes**

**Senior Members (50+) - \$50**

**Adults/Teens (14+) - \$60**

**Drop-In Fee - \$8**

**\*Please see back of Calendar for  
class description**

**\*Refunds are not available for  
fitness passes**



**AGOURA HILLS**

**Agoura Hills Recreation Center - 30610**

**Thousand Oaks Blvd**

**(818) 597-7361 - [www.ci.agoura-hills.ca.us](http://www.ci.agoura-hills.ca.us)**



**GENTLE YOGA:** This class is specially designed as a calm and easy-to-do Yoga. Your own special needs and limitations will be addressed as you work towards rediscovering your personal, radiant health. Bring a towel and a mat.

**THERAPEUTIC YOGA:** See how Yoga as a Therapy can help in healing the body. Certified Yoga therapist, Ilene Berke, teaches ways to stretch, move and learn how breathing along with stretching can heal your body. This yoga class is designed to practice flexibility, balance, along with breathing techniques to help you calm and soothe the mind and body. Breathe in fresh positive air, breathe out stress and negativity. Bring a towel and a mat.

**DYNAMIC YOGA:** Relieve stress while harmonizing the body, breath and mind. Develop strength, flexibility, and balance in a friendly non-competitive way.

**PILATES:** This class is designed to improve strength, coordination, balance, flexibility and body awareness. The total body control allows for flat abdominals, toned arms, slender legs and a strong back. Pilates promotes muscle strength in a calm and relaxing environment. This class is open to all ages and fitness levels. Bring a towel and a mat.

**ZUMBA:** This class is an upbeat and motivating dance class. It involves fun unique moves and dance routines to your favorite Latin music. The combination of fast and slow rhythms provide an effective calorie burning, body toning and feel good work-out. You won't even realize you are working out in this fun-filled and easy to do class!

**ZUMBA GOLD:** Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

### **FRIDAY NIGHT ZUMBA PARTY!!**

On July 8 from 6:00-8:00pm for \$15, Rachel will be hosting a  
Friday night Zumba Class!

Please call (818) 597-7361 for more info or check monthly calendars for updates