

September Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

MONDAY

GENTLE YOGA

8:30-9:30am
w/ TBA

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/ TBA



THURSDAY

DYNAMIC YOGA

10:30-11:30am
w/ Chris

FRIDAY

GENTLE YOGA

8:30-9:30am
w/ Chris

ZUMBA GOLD

9:45-10:45am
(No class 9/9)
w/ Del

PILATES

4:00-5:00pm
w/Trissa

THERAPEUTIC YOGA

4:00-5:00pm
(starting 9/9)
w/ Ilene

FRIDAY NIGHT

ZUMBA 9/16

6:00-8:00pm
w/ Rachel



***No classes 9/5**

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



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 Therapeutic Yoga works for all levels. 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 September 16 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