

# January Fitness Calendar

## FITNESS CLASSES AT THE AGOURA REC CENTER

MONDAY

**GENTLE YOGA**

8:30-9:30am

w/ Ann

**ZUMBA TONE**

9:45-10:45am

w/ Rachel

**THERAPEUTIC  
YOGA**

5:00-6:00pm

w/ Ilene

**ZUMBA**

6:30-7:30pm

w/ Del

WEDNESDAY

**GENTLE YOGA**

8:30-9:30am

w/ Ann

THURSDAY

**DYNAMIC YOGA**

10:30-11:30am

w/ Chris

FRIDAY

**GENTLE YOGA**

8:30-9:30am

w/ Chris

**ZUMBA GOLD**

9:45-10:45am

w/ Del

**THERAPEUTIC  
YOGA**

4:00-5:00pm

w/ Ilene



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

\* No Classes 1/2 &  
1/16

**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 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.

**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.

**ZUMBA TONING:** When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.