

August Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

MONDAY

GENTLE YOGA
8:30-9:30am
w/ Ann

ZUMBA TONING
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 & Phyllis

ZUMBA GOLD
9:45-10:45am
(no class 8/15)
w/ Del

THURSDAY

DYNAMIC YOGA
10:30-11:30am
w/ Chris

FRIDAY

GENTLE YOGA
8:40-9:40am
w/ Chris

ZUMBA GOLD
9:45-10:45am
w/ Del

**THERAPEUTIC
YOGA**
5:00-6:00pm
w/ Ilene

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 Recreation Center - 30610
Thousand Oaks Blvd**

(818) 597-7361 - www.Agourahillsrec.org



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 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.

ZUMBA®: Join the Party! This upbeat and motivating dance-fitness class is a blast! It involves fun, unique movements done to Latin and international music. The combination of fast and slow rhythms provide an effective calorie burning, body toning and feel good workout. You won't even realize you're working out in this fun-filled and easy to do class! All levels welcome.

ZUMBA® GOLD: Zumba® Gold is the low impact version of Zumba® - same great moves and music with less stress on your joints. You can get a fun, effective workout without jumping! This class is perfect for true beginners, active older adults, pregnant women, and anyone concerned about impact in a workout. Camaraderie, excitement and fitness on a regular basis are important and Zumba® Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun!