

December Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

MONDAY

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

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

ZUMBA
6:30-7:30pm
(No class 12/24
12/31)
w/ Del

WEDNESDAY

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

ZUMBA GOLD
9:45-10:45am
(No class 12/14-
12/28)
w/ Del

THURSDAY

DYNAMIC YOGA
10:30-11:30am
(No class 12/27)
w/ Chris

FRIDAY

GENTLE YOGA
8:30-9:30am
(12/28 @ Community
Room)
w/ Chris
ZUMBA GOLD
9:45-10:45am
(No class 11/23)
w/ Del

**THERAPEUTIC
YOGA**
5:00-6:00pm
(no class 12/28)
w/ Ilene

ZUMBA PARTY
7:00-8:30pm
w/ Del
\$15 at door (\$10
in advance)

No CLASSES 12/24,
12/25 & 12/31

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®: 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 work-out. 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!