

# March Fitness Calendar

## FITNESS CLASSES AT THE AGOURA REC CENTER

### MONDAY

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

### 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  
(No class 3/20)  
w/ Del

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

**ZUMBA**  
6:30-7:30pm  
w/ Del

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

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

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

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

- \*Refunds are not available for fitness passes
- \* See back side of calendar for class descriptions



**Agoura Hills Recreation Center - 30610  
Thousand Oaks Blvd  
(818) 597-7361 - [www.Agourahillsrec.org](http://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.

**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!