

April 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 4/17)
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**



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!