

September Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

MONDAY

GENTLE YOGA
8:30-9:30am
(No class 9/2)
w/ Robbi

**RESTORATIVE
YOGA**
5:15-6:15pm
(No class 9/2)
w/ Robbi

ZUMBA
6:30-7:30pm
(No class 9/2)
w/ Del

WEDNESDAY

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

ZUMBA GOLD
9:45-10:45am
(No class 9/18)
w/ Del

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



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
- A senior Membership is required to purchase a senior pass (\$15 annual fee)

CITY OF



AGOURA HILLS

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 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!

RESTORATIVE YOGA: Restorative Yoga counteracts daily life stresses to rejuvenate the mind and body by balancing the nervous system through supported yoga poses, various breathing techniques, and guided meditations, to elicit the "Relaxation Response." Practicing Restorative Yoga is about treating yourself with the kindness you deserve and providing yourself with a greater sense of wellbeing.