


January Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
GENTLE YOGA 8:30-9:30am (no class 1/20) Robbi	GENTLE YOGA 8:30-9:30am Robbi		GENTLE YOGA 8:30-9:30am (1/3 class at City Hall) Chris	PILATES 8:30-9:30am (No class 1/4) Jenny
GENTLE/RESTORATIVE YOGA 5:15-6:15pm (no class 1/20) Robbi	ZUMBA GOLD 9:45-10:45am (No class 1/1 & 1/15) Del	DYNAMIC YOGA 10:30-11:30am Chris	ZUMBA GOLD 9:45-10:45am Del	
ZUMBA 6:30-7:30pm (No class 1/20) 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)

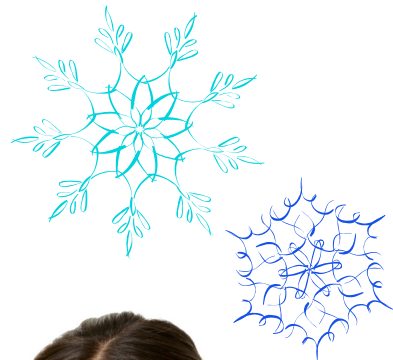


AGOURA HILLS

Agoura Hills Recreation Center - 30610

Thousand Oaks Blvd

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



GENTLE YOGA: Personal needs and limitations are addressed through modifications in this calming, easy-to-do yoga class. Various breathing techniques and guided meditations are included to help balance the nervous system, supporting a healthy body, mind, and immune system. Please bring a mat and towel. Additional props are provided.

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!

GENTLE/RESTORATIVE BLEND YOGA: This class combines gentle, easy-to-do yoga with deeply relaxing poses, various breathing techniques and guided meditations that help to balance the nervous system, supporting a healthy body, mind, and immune system. Personal needs and limitations are thoughtfully addressed. Please bring a mat and towel. Additional props are provided.

PILATES: Pilates focuses on core strength, awareness of the spine, and flexibility. Improve strength, develop posture, and help alleviate back and hip problems.