

# May Fitness Calendar

## FITNESS CLASSES AT THE AGOURA REC CENTER

Monday

**GENTLE YOGA**

8:30-9:30am  
(No class 5/26)  
Robbi

Wednesday

**GENTLE YOGA**

8:30-9:30am  
Robbi

Thursday

**DYNAMIC YOGA**

10:30-11:30am  
Chris

Friday

**GENTLE YOGA**

8:30-9:30am  
Chris

**ZUMBA GOLD**

9:45-10:45am  
(No class 5/21)  
Del

**ZUMBA GOLD**

9:45-10:45am  
Del

**ZUMBA**

6:30-7:30pm  
(No class 5/26)  
Del

**\*\*No class on May 26th\*\***

### 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](http://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.