September Fitness Calendar FITNESS CLASSES AT THE AGOURA REC CENTER

<u>Monday</u>
GENTLE YOGA
8:30-9:30am
(No class 9/1)
Robbi

ZUMBA

6:30-7:30pm

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Wednesday

GENTLE YOGA 8:30-9:30am Robbi

ZUMBA GOLD 9:45-10:45am (No class 9/17)

DYNAMIC YOGA 10:30-11:30am Chris

Thursday

Friday

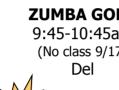
GENTLE YOGA 8:30-9:30am Chris

ZUMBA GOLD 9:45-10:45am (No class 9/5)

Del

(No class 9/1) Del **GENTLE YOGA** 7:45-8:45pm (No class 9/1)

Robbi



NEW

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 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 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!

GENTLE YOGA w/ Robbi: In our modern, overly stimulating and stressful world, conscious activation of the parasympathetic nervous system is required to fully support a healthy body, mind, and immune system. Practicing Gentle Yoga is about treating yourself with the kindness you deserve and providing yourself with a greater sense of wellbeing. This class incorporates various breathing techniques, gentle stretching poses to improve flexibility and open the body, and restorative guided meditations to elicit the "Relaxation Response."