

December Fitness Calendar

FITNESS CLASSES AT THE AGOURA REC CENTER

Monday

GENTLE YOGA

8:30-9:30am
(No class 12/1)
Robbi

ZUMBA

6:30-7:30pm
(Cancelled for month
of December)
Del

Wednesday

GENTLE YOGA

8:30-9:30am
(No class 12/3 &
12/24 & 12/31)
Robbi

ZUMBA GOLD

9:45-10:45am
(Cancelled for month of
December)
Del

Friday

GENTLE YOGA

8:30-9:30am
(No class 12/5, 12/26)
Chris

ZUMBA GOLD

9:45-10:45am
(Cancelled for month
of December)
Del

****All FITNESS CLASSES ARE HELD AT THE CITY
HALL COMMUNITY ROOM 29900 LADYFACE CT.**

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 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 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."

WERQ: Come and try WERQ®, the fiercely fun dance-fitness class based on pop, rock, and hip hop! It's a non-stop heart-strengthening sweaty cardio workout. WERQ is new in California and Del is one of the only instructors teaching this format in the state. No dance experience necessary and the cool down incorporates yoga and balance inspired poses.