

January Fitness Calendar

Fitness classes at the NEW Recreation & Event Center

SUN	MON	TUE	WED	THU	FRI
	Gentle Yoga 8:30-9:30 Robbi	Mind, Body, Breath Yoga 7:30-8:30am (Begins 1/13) Chris	Gentle Yoga 8:30-9:30 Robbi		Gentle Yoga 8:30-9:30 (no class 1/2) Chris
Mind, Body, Breath Yoga 9:00-10:00am (Begins 1/18) Chris	R.I.P.P.E.D 9:45-10:45am (Begins 1/26) Del		Zumba Gold 9:45-10:45am Del		Zumba Gold 9:45-10:45am Del
	Mindfulness Meditation (Begins 1/12) 9:45-10:45am Robbi				
	Zumba 6:30-7:30pm Del			WERQ Fitness 8:00-9:00pm (Begins 1/22) 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 Recreation & Event Center
29900 Ladyface Court
(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."

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.

R.I.P.P.E.D.: R.I.P.P.E.D. is a "plateau-proof" high-intensity fitness format that utilizes free weights, resistance, and body weight in the components of R.I.P.P.E.D. – Resistance, Intervals, Power, Plyometrics, and Endurance as the workout portion, along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable, and effective. For all levels, this format is tough, but effective and will challenge your levels of fitness and endurance. Try R.I.P.P.E.D. – The One Stop Body Shock™!

MINDFULNESS MEDITATION: Mindfulness Meditation Classes use breath and body awareness, conscious relaxation, and Mindfulness Meditation techniques to cultivate the art of living fully in the moment. Classes feature gentle movement to prepare the body and calm the mind, and various guided meditations incorporating visualization and breath work to reach deep states of relaxation.

MIND, BODY, BREATHE YOGA: Yoga to relieve stress, enhance vital capacity, and develop peace of mind. Simple movements and postures in close coordination with the breath.