

July Fitness Calendar

Fitness classes at the NEW Recreation & Event Center

MON	TUE	WED	THU	FRI	SAT	SUN
Gentle Yoga Level 1 8:30-9:30am Robbi		Gentle Yoga Level 1 8:30-9:30am Robbi		Gentle Yoga 8:30-9:30am (no class 7/3) Chris		
Mindfulness Meditation 9:45-10:45am Robbi		Zumba Gold 9:45-10:45am Del		Zumba Gold 9:45-10:45am (no class 7/3) Del		Mind, Body, Breath Yoga 9:00-10:00am Chris
WERQ 6:30-7:30pm 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 LEVEL 1: This class incorporates various breathing techniques, gentle stretching, active toning poses, and guided meditations to balance the nervous system and support a healthy mind, body and immune system. Classes will be adapted to the capabilities of the participants and more challenging poses may be included as required. Bring yoga mat and beach towel, additional props are provided.

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.

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.

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.