

September Fitness Calendar

Fitness classes at the Recreation & Event Center

MON	TUE	WED	THU	FRI
Gentle Yoga Level 1* 8:30-9:30am Robbi -RYT 500 M.E.D		Gentle Yoga Level 1* 8:30-9:30am Robbi -RYT 500 M.E.D		Gentle Yoga* 8:30-9:30am Cathy
Mindfulness Meditation 9:45-10:45am Robbi -RYT 500 M.E.D <u>**Registration no longer accepted w/ fitness pass</u>		Zumba Gold* 9:45-10:45am Del		Zumba Gold* 9:45-10:45am Del
Pilates for Buff Bones 11am-12pm 9/14-11/30 (no 9/28) Aggie	Tai Chi Level I 2:00-3:00pm Kimiko	Pilates for Buff Bones 11am-12pm 9/16-12/2 (no 9/30) Aggie		
WERQ* 6:30-7:30pm Del	Tai Chi Level II 2:00-3:00pm Kimiko			

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)

Classes marked with an * can be taken using a Fitness Pass, all other classes can be paid at the front office or online



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.

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.

PILATES FOR BUFF BONES: Uses bone strengthening and targeted restorative muscle building techniques for improving the stability and strength of the legs hip, abdominals and spine.

TAI CHI: This ancient Chinese discipline consisting of Meditative movements practiced as a system of exercise. It enhances relaxation, poise, balance and strength.