

REC

FITNESS

REC Fitness will give you what you want "your workout" to be!

November

	Monday	Tuesday	Wednesday	Thursday	Friday
No class on 11/26 & 11/27	Gentle Yoga 8:30-9:30am (no class 11/23) Katie	Jazzercise 8:45-9:45am Elizabeth	Gentle Yoga 8:30-9:30am Katie		Gentle Yoga 8:30-9:30am Cathy
	Melt 11am-12pm Ilene		Zumba Gold 9:45-10:45am Del		Zumba Gold 9:45-10:45am Del
	Buff Bones 11am-12pm (no class 11/23) Aggie	Tai Chi I 2:00-3:00pm Kimiko	Buff Bones 11am-12pm (No class 11/25) Aggie		Yogalates 11am-12pm Ilene
		Tai Chi II 3:00-4:00pm Kimiko	Yogalates 11am-12pm Ilene		

All fitness classes are held in the Multipurpose Room at the Agoura Hills Recreation and Event Center. It's a state of the art room with equipped with mirrors, a built-in sound system, class workout equipment, and a team of professional instructors, all dedicated to YOU!

For more information or, to join a class, visit the website: www.agourahillsrec.org or, call the Agoura Hills Recreation and Event Center at (818) 597-7361.

CLASS DESCRIPTIONS

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.

Fitness pass— Senior Members (50+) - \$50 (senior membership required) Adults—\$60, drop-in \$8

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!

Fitness pass— Senior Members (50+) - \$50 (senior membership required) Adults—\$60, drop-in \$8

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

Mondays: 9/14-12/7- \$80/\$10 drop-in Wednesdays: 9/16-12/12 - \$72/Drop-in \$10

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

Level I: 11/10-12/15 - \$36/\$30 (senior members)

JAZZERCISE: The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, non impact aerobics, muscle toning, stretching segments, and cool-down,

Payment made to the instructor, Elizabeth Eaves, \$34/month

MELT HAND AND FOOT SERIES: As seen on Dr. Mehmet Oz, by MELT® creator Sue Hitzmann. Helps with chronic pain! Great for BABY BOOMERS or anyone that wants to stay out of chronic pain. Melt® Balls will be available for sale at the series, not included with the class.

Mon: 11/16-12/14 - \$100 Thu: 11/19-12/17 - \$100

YOGALATES: Chair Yoga with a Pilates flair! A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core! Great for strengthening the back! Our class is done sitting in a chair or standing on a Yoga mat!

Wed: 10/28-12/16 - \$45 Fri: 11/6-12/18 - \$45