

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	Gentle Yoga 8:30-9:30am Katie	Jazzercise 8:45-9:45am Elizabeth	Gentle Yoga 8:30-9:30am Lisa	Jazzercise 8:45-9:45am Elizabeth	Gentle Yoga 8:30-9:30am (no class 2/26) Cathy	
	Buff Bones 11:15-12:30pm Aggie	Laugh Flex and Stretch 10:00-11:00am Lois	Zumba Gold 9:45-10:45am Del	Arthritis 10:00-11:00am Lois	Zumba Gold 9:45-10:45am Del	Yamuna Body Rolling 2/20 10am-12pm
			Buff Bones 11:15-12:30pm Aggie	Tai Chi I 2:00-3:00pm Kimiko	Yogalates 11am-12pm Ilene	Osteoporosis Workshop 2/27 FREE 9:30-11:30am
	Do It Now Senior Fitness 2:00-3:00pm Tamara	Qigong 2:00-3:00pm Kimiko	Yogalates 11am-12pm Ilene	Do It Now Senior Fitness 2:00-3:00pm Tamara		
				Tai Chi II 3:00-4:00pm Kimiko		

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 equipped with mirrors, a built-in sound system, class workout equipment,

<p>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.</p>

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

DO IT NOW SENIOR FITNESS (senior membership required ages 50+): Achieve fitness goals of balance, strength, endurance, coordination, and flexibility! Different weights and degrees of intensity in band resistance allow Seniors of different fitness levels to enjoy class camaraderie, upbeat music, and expert instruction.

1/21-3/3 \$35 twice/week \$21 once/week, \$7 drop-in

TAI CHI I & II (senior membership required ages 50+): This ancient Chinese discipline consisting of Meditative movements practiced as a system of exercise. It enhances relaxation, poise, balance and strength.

1/14-3/3 - \$48/\$40 (senior members)

JAZZERCISE(senior membership required ages 50+): 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

YOGALATES (senior membership required ages 50+): 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: 1/6-2/24 \$60 Fri: 1/15-3/4 \$60

LAUGH FLEX AND STRETCH (senior membership required ages 50+): If you find yourself losing your balance going up stairs, climbing ladders, or using a shopping cart for balance join us in this upbeat fitness program that promotes body balance for life.

12/22-1/26 \$21 per 6 week session \$4 drop-in

ARTHRITIS CLASS (senior membership required, ages 50+): This fun class teaches people with arthritis to take control of their fitness needs, and to do exercises that relieve rather than exacerbate their symptoms.

1/7-1/28 \$10.00/ \$4 drop-in

QIGONG– LIFE ENERGY CULTIVATION: (senior membership required ages 50+). Qigong is an ancient Chinese internal exercise and traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as “Life Energy.”

1/12-3/1 \$48 /\$7 drop-in

YAMUNA BODY ROLLING WORKSHOP: Aggie Winston is a certified Yamuna Body Rolling practitioner who teaches restorative methods to help students learn how to use a special 6-10' ball to manipulate the fascial net of connective tissue and lengthen muscles and joints.

2/20 \$35 Get Happy Knees & A Balanced Pelvis

“LIVING HEALTHY & STRONG IS BONE DEEP” OSTEOPOROSIS WORKSHOP: Check Brochure or call front desk for more information.