

REC

FITNESS

REC Fitness will give you what you want "your workout" to be! FP = classes that require a fitness pass (no refunds on Fitness Passes)

November

	Monday	Tuesday	Wednesday	Thursday	Friday
	Strength Training 9:45-10:45am Del	Jazzercise-Lite 8:45-9:45am Elizabeth	Gentle Yoga 8:30-9:30am Lisa *FP	Jazzercise-Lite 8:45-9:45am Elizabeth	Gentle Yoga 8:30-9:30am Cathy *FP
	Buff Bones 11:15-12:30pm Aggie (No class 11/21)	Laugh Flex and Stretch 10:00-11:00am Lois	Zumba Gold 9:45-10:45am Del *FP	Arthritis 10:00-11:00am Lois (No class 11/24)	Zumba Gold 9:45-10:45am Del *FP
	Do It Now Senior Fitness 2:00-3:00pm Tamara	Line Dancing 10:00-11:00am Vickie	Buff Bones 11:15-12:30pm Aggie No class (11/23)	Tai Chi I /II 2:00-3:00pm & 3:00-4:00pm Kimiko (No class 11/24)	Chair Yopalates 11am-12pm Ilene (No class 11/11)
			Chair Yopalates 11am-12pm Ilene (No class on 10/12)	Do It Now Senior Fitness 2:00-3:00pm Tamara (No class 11/24)	
			Qigong 2:00-3:00pm Kimiko		
			Yang Style 108 3:00-4:00pm Kimiko		

CENTER WILL BE CLOSED 11/11, 11/24, 11/25

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.

11/2-11/30 Wed, Fri Fitness pass— Senior Members (50+) - \$50 (senior membership required) Adults—\$60, drop-in \$8

STRENGTH TRAINING W/ DEL: This class is focused on improving muscle mass and bone density. Participants will be progressed from their current capability to a higher level of fitness. Body weight and weighted exercises will be used. Bring dumbbells in the weight you have been using. Mats are available, but bring your own if you prefer.

11/21-12/19 Mon \$40/\$10 one time drop-in

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!

11/2-11/30 Wed, Fri 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. No class on 11/24

10/13-11/21; 11/28-1/5 M/Th \$35 twice/week \$21 once/week, \$7 drop-in

TAI CHI I & II: This ancient Chinese discipline consisting of Meditative movements practiced as a system of exercise. It enhances relaxation, poise, balance and strength. No class on 11/24.

10/20-12/15 Thu \$48/\$40 (senior members) - Level I

10/20-12/15 Thu \$48/\$40 (senior members) - Level II

JAZZERCISE-LITE (senior membership required ages 50+): The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, low impact aerobics, muscle toning, stretching segments, and cool-down.

11/8-11/29 Tue, Thu Payment made to the instructor, Elizabeth Eaves, \$34/month

CHAIR 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! No class on 11/11.

11/2-11/30 (Wed) \$37.50/ \$9 drop-in 11/4-11/18 (Fri) \$15/ \$9 drop-in

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.

10/4-11/8; 11/15-12/20 Tue \$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. No class on 11/24.

11/3-11/17 Thu \$10.00/month or \$4 drop-in

QIGONG— LIFE ENERGY CULTIVATION: 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." No class on 11/24.

10/19-12/14 Tue \$48 /\$7 drop-in, \$40 (senior member)

BUFF BONES: (Ages 30+) This class provides a safe workout for people with bone loss or who want to prevent bone loss. No class on 11/21 and 11/23.

10/31-12/5 (Mon)\$40/\$10 drop-in 11/2-12/7 (Wed) \$40/drop-in \$10 10/31-12/7 (Mon/Wed) \$80/\$10 drop-in

YANG STYLE 108: The traditional 108 forms will provide insights into deeper relaxation and help the practitioner to cultivate patience and focus through the internal strengthening of moment to moment awareness.

10/19-12/7 Wed \$48/\$7 drop-in

LINE DANCING: Line Dancing is a fun, energizing class that will help you hone your dance skills, get your body moving, fill you with energy, increase memory function and introduce you to new friends all at the same time!

11/1-12/6 Tue \$54/\$12 drop-in