

**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)

# December

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Strength Training</b> 9:45-10:45am (last class on 12/19) Del	<b>Jazzercise-Lite</b> 8:45-9:45am Elizabeth	<b>Gentle Yoga</b> 8:30-9:30am Lisa *FP (no class on 12/21, 12/28)	<b>Jazzercise-Lite</b> 8:45-9:45am Elizabeth	<b>Gentle Yoga</b> 8:30-9:30am Cathy *FP (No class 12/23, 12/30)
	<b>Buff Bones</b> 11:15-12:30pm Aggie (last class on 12/12)	<b>Laugh Flex and Stretch</b> 10:00-11:00am Lois	<b>Zumba Gold</b> 9:45-10:45am Del *FP (No class on 12/21, 12/28)	<b>Arthritis</b> 10:00-11:00am Lois	<b>Zumba Gold</b> 9:45-10:45am Del *FP (No class 12/23, 12/30)
	<b>Do It Now Senior Fitness</b> 2:00-3:00pm Tamara (No class 12/26)		<b>Buff Bones</b> 11:15-12:30pm Aggie (last class on 12/14)	<b>Tai Chi I /II</b> 2:00-3:00pm & 3:00-4:00pm Kimiko	<b>Chair Yopalates</b> 11am-12pm Ilene (No class 12/23, 12/30)
			<b>Chair Yopalates</b> 11am-12pm Ilene	<b>Do It Now Senior Fitness</b> 2:00-3:00pm Tamara	
			<b>Qigong</b> 2:00-3:00pm Kimiko		
			<b>Yang Style 108</b> 3:00-4:00pm Kimiko		

**CENTER WILL BE CLOSED 12/23, 12/26, 12/30**

For more information or, to join a class, visit the website: [www.agourahillsrec.org](http://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. No class on 12/21, 12/23, 12/28 & 12/30.

12/2-12/30 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. No class on 12/26.

11/28-12/19 Mon \$32/\$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! No class on 12/21, 12/23, 12/28 & 12/30.

12/2-12/30 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 12/26.

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.

10/20-12/15; 12/22-2/9 Thu \$48/\$40 (senior members) - Level I

10/20-12/15; 12/22-2/9 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.

12/6-12/29 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 12/23, 12/30.

12/7-12/28 (Wed) \$15/ \$9 drop-in 12/2-12/30 (Fri) \$22.50/ \$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.

11/15-12/20; 12/27-1/31 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.

12/1-12/29 Thu \$12.50/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."

10/19-12/7; 12/14-2/1 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.

10/31-12/12 (Mon)\$40/\$10 drop-in 11/2-12/7(Wed) \$40/drop-in \$10 10/31-12/7(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; 12/14-2/1 Wed \$48/\$7 drop-in