

**REC
REC**

FITNESS

April

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Bita (No class 4/28) *FP	Barre Fit 9:45-10:40am Del	Bollywood Dance 10:00-11:00am Monica Sarin *Free Demo 4/2
Buff Bones 11:15-12:30pm Aggie	Laugh Flex and Stretch 10:00-11:00am Lois	Zumba Gold 9:45-10:45am Del *FP	Arthritis 10:00-11:00am Lois	Zumba Gold 9:45-10:45am Del *FP		
Do It Now Senior Fitness 2:00-3:00pm Tamara		Buff Bones 11:15-12:30pm Aggie	Tai Chi I /II 2:00-3:00pm & 3:00-4:00pm Kimiko	Chair Yogalates 11am-12pm Ilene		
		Chair Yogalates 11am-12pm Ilene	Do It Now Senior Fitness 2:00-3:00pm Tamara			
	Line Dancing 6:00-7:00pm Vickie	Qigong 2:00-3:00pm Kimiko				
		Tai Chi 108 3:00-4:00pm Kimiko				

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.

On-going 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.

2/27-4/3; 4/17-6/12 Mon \$64/\$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. This class is perfect for true beginners, active older adults, pregnant women, and anyone concerned about impact in a workout. It's a dance-fitness class that feels friendly, and most of all, fun!

On-going 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.

2/27-4/6; 4/10-5/18 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.

2/16-4/6; 4/13-6/1 Thu \$48/\$40 (senior members)/drop-in \$7 - Level I

2/16-4/6; 4/13-6/1 Thu \$48/\$40 (senior members)/drop-in \$7 - 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.

4/4-4/27 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 4/12, 4/14.

4/5-4/26 (Wed) \$24.75/\$10 drop-in 4/7-4/28 (Fri) \$24.75/ \$10 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.

3/21-4/25 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.

4/6-4/27 Thu \$10/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."

4/5-5/24 Wed \$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.

4/3-6/5 (Mon) \$72/\$10 drop-in 4/5-6/7 (Wed) \$64/drop-in \$10 4/3-6/7 (Mon/Wed) \$135/\$10 drop-in

Tai Chi 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.

4/5-5/24 Wed \$48/\$7 drop-in, \$40 (Senior Member)

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! Yee Haw!!

4/4-4/25 Tue \$36/\$10 drop-in

BOLLYWOOD DANCE: Whether you're a beginner or a seasoned performer looking to learn a new style or develop your technique. Inspired by the high energy music from Bollywood Indian movies. Every song has a story and every move has a meaning! **FREE DEMO 4/2**

4/9-4/30 Sun \$48/\$15 drop-in

BARRE FIT: This class incorporates movements that target specific muscle groups to improve strength, balance, flexibility and posture. Low-impact and are perfect for all fitness levels. Utilizing elements of the exercises dancers do, plus features of pilates, yoga, and strength training, Barre Fit delivers a results-driven workout that is not only fun and dynamic, but will strengthen your body and help you get into great shape! Class is modifiable to your own level. No dance experience necessary.

On-going Sat \$8 daily drop in