

**REC
REC**

FITNESS

October

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	Sunday
Gentle Yoga 8:30-9:30am Bita *FP	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 *FP	Bollywood Dance 10:00-11:00am Monica
Strength Training 9:45-10:45am Del	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	
Buff Bones 11:15-12:30pm Aggie			Tai Chi I / II 2:00-3:00pm & 3:00-4:00pm Kimiko		
Do It Now Senior Fitness 2:00-3:00pm Tamara		Chair Yogalates 11am-12pm Ilene *No class on October 6, 11, 13, 18, 20, 27	Do It Now Senior Fitness 2:00-3:00pm Tamara		
	Beginning West Coast Swing 6:30-7:30pm Jay	Qigong 2:00-3:00pm Kimiko			
	Beginning to Intermediate Salsa 7:45-8:45pm Jay	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 Mon/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.

9/11-10/30 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.

9/25-11/2 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.

9/14-11/2 Thu \$48/\$40 (senior members)/drop-in \$7 - Level I

9/14-11/2 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.

9/5-9/28 Tue, Thu Payment made to the instructor, Elizabeth Eaves, \$34/month w/Senior Membership \$39 if under age 50

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 9/1.

10/4-10/25 Wed \$16.50/\$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.

9/5-10/10; 10/17-11/21 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.

10/5-10/26 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."

9/13-11/1 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.

9/11-10/16 (Mon) \$48/\$10 drop-in 10/30-12/11(Mon) \$56/\$10 drop-in 9/13-10/18 (Wed) \$48/\$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.

9/13-11/1 Wed \$48/\$7 drop-in, \$40 (Senior Member)

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!

10/1-10/29 Sun \$60/\$15 drop-in

WEST COAST SWING: West Coast Swing is a modern version of classic swing done to contemporary top 40 music on the radio today. This dance sometimes blends old style swing with current dances and borrows moves from Tango as well.

10/3-10/24 Tue \$40/\$15 materials fee

BEGINNING TO INTERMEDIATE SALSA: Salsa is now a contemporary dance done to Latin music all over the world. This dance sometimes blends old style Latin with dances like the Cha Cha, and borrows moves from Swing and Bachata.

10/3-10/24 Tue \$40/\$15 materials fee