

# FITNESS CLASSES

# DECEMBER

FP = classes that require a fitness pass (no refunds on Fitness Passes)

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Gentle Yoga</b> 8:30-9:30am Bita *FP	<b>Jazzercise-Lite</b> 8:45-9:45am Elizabeth	<b>Hatha Yoga</b> 8:15-9:30am Bita (1st & last Wednesday) *FP	<b>Jazzercise-Lite</b> 8:45-9:45am Elizabeth	<b>Gentle Yoga</b> 8:30-9:30am Bita *FP	<b>Bollywood Dance</b> 10:00-11:00am Monica
<b>Buff Bones</b> 11:15-12:30pm Aggie  No class until 12/10	<b>Laugh Flex and Stretch</b> 10:00-11:00am Lois	<b>Zumba Gold</b> 9:45-10:45am Del *FP	<b>Arthritis</b> 10:00-11:00am Lois	<b>Zumba Gold</b> 9:45-10:45am Del *FP	
<b>Do It Now Senior Fitness</b> 2:00-3:00pm Tamara		<b>Buff Bones</b> 11:15-12:30pm Aggie	<b>Do It Now Senior Fitness</b> 2:00-3:00pm Tamara	<b>Chair Yogalates</b> 11am-12pm Ilene	
		<b>Chair Yogalates</b> 11am-12pm Ilene No class 12/19, 12/21, 12/26, 12/28	<b>Tai Chi II</b> 3:30-4:30pm Kimiko		
		<b>Qigong</b> 1:30-2:30pm Kimiko	<b>Restorative Yoga</b> 5:00-6:15pm Bita *FP (1st & last Thursday)		
		<b>Tai Chi I</b> 2:30-3:30pm Kimiko			
		<b>Tai Chi 108</b> 3:30-4:30pm Kimiko			



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

**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.

12/6-12/27 Thu \$10/month or \$4 drop-in

**BOLLYWOOD DANCE:** This class offers dance and movement for all levels, whether you are 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!

12/2-12/30 Sun \$48/\$15 drop-in

**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 12/19, 12/21, 12/26, 12/28.

12/5-12/12(Wed) \$16.50/\$10 drop-in 12/7-12/14 (Fri) \$16.50/\$10 drop-in

**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 12/24, 12/31.

12/3-12/17 Mon \$10.50 (Once/week), \$7 drop-in 12/6-12/27 Thu \$14.00(Once/week), \$7 Drop-in

12/3-12/27 Mon/Thu \$21(Twice/week), \$7 drop-in

**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

**HATHA YOGA:** Hatha yoga teaches the classic yoga postures (asanas) with a deep awareness of correct alignment, and breathing exercises (pranayama). The practice works to increase flexibility and strength, improve breathing and quiet the mind, striving for total fitness and mindfulness. The practice of Hatha yoga builds muscle strength and tone, increases flexibility and improves balance, while reducing stress and increasing the overall energy level in the body.

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

**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. No class 12/25.

10/2-12/27 Tue, Thu Payment made to the instructor, Elizabeth Eaves, \$34/month w/Senior Membership; \$39 if under age 50

**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. No class 12/25.

12/4-12/18 Tue \$10.50 per month/ \$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."

12/5-12/12 Wed \$12/\$7 drop-in, \$10 (senior member)

**RESTORATIVE YOGA:** Unlike more active styles of yoga, in Restorative Yoga poses are held from 5-15 minutes. During this time you are held in "shapes" while being supported with props such as blankets, blocks or bolsters (pillows). Restorative Yoga allows you to enter into a state of deep relaxation where you can "let go" of deep holding patterns in your body and find a state of balance that will allow your body to heal.

1st & last Thu Fitness pass- Senior Members (50+) - \$50 (senior membership required) Adults—\$60, drop-in \$8

**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.

12/5-12/12 Wed \$12/\$10 (senior members)/drop-in \$7 - Level I

12/6-12/13 Thu \$12/\$10 (senior members)/drop-in \$7 - Level II

**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.

12/5-12/12 Wed \$12/\$7 drop-in, \$10 (Senior Member)

**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