

FITNESS CLASSES

JULY

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Strength Training 9:45-10:45am Del	Jazzercise-Lite 8:45-9:45am Elizabeth	Zumba Gold 9:45-10:45am Del *FP	Jazzercise-Lite 8:45-9:45am Elizabeth No class 7/4	Gentle Yoga 8:30-9:30am Bita *FP	Bollywood Dance 10:00-11:00am Monica
Buff Bones 11:15-12:30pm Aggie	Laugh Flex and Stretch 10:00-11:00am Lois	Chair Yogalates 11am-12pm Ilene No class 7/3	Arthritis 10:00-11:00am Lois No class 7/4	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	Do It Now Senior Fitness 2:00-3:00pm Tamara	Chair Yogalates 11am-12pm Ilene No class 7/5	
Bollywood Level I 6:30-7:30pm Monica		Qigong W/Tai Chi Level I 2:30-3:30pm Kimiko		Buff Bones 1:00pm-2:15pm	
		Tai Chi Level II 3:30-4:30pm 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

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 7/4.

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!

BUFF BONES: This is a Pilates based mat class using bone strengthening and targeted restorative muscle building techniques. The class is specifically sequenced to restore alignment, core strength, posture & balance. Students must be able to get up and down from the floor without assistance.

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 7/3, 7/5, & 7/26.

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 7/4.

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.

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.

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.

QIGONG W/TAI CHI LEVEL 1: Tai Chi is an ancient Chinese discipline consisting of meditative moments practiced as a system of exercises. The form of Tai Chi known as "24 Form" is based on the natural movements of water and wind. It enhances relaxation, poise, balance and strength. The instructor incorporates Qigong as well. No class 7/4.

TAI CH LEVEL II: The traditional 108 forms, 42 form, fan form, & knife form will provide insights into deeper relaxations and help the practitioner to cultivate patience and focus through the internal strengthening of moment-to-moment awareness. No class on 7/4.

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!