

# January Fitness Calendar

## FITNESS CLASSES AT THE AGOURA REC CENTER

### MONDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Ann

**ZUMBA**  
9:45-10:45am  
w/ Rachel

#### **THERAPEUTIC YOGA**

5:00-6:00pm  
w/ Ilene

#### **ZUMBA**

6:30-7:30pm  
w/ Del

### TUESDAY

#### **RAKSA**

10:00-11:00am  
w/ Stacy

**PILATES**  
12:15-1:15pm  
w/ Trissa

### WEDNESDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Ann

**SOLID GOLD**  
9:45-10:45am  
w/ Kat

#### **THERAPEUTIC YOGA**

4:30-5:30pm  
w/ Ilene

### FRIDAY

#### **GENTLE YOGA**

8:30-9:30am  
w/ Ann

**PILATES**  
4:00-5:00pm  
w/ Trissa

### SATURDAY

#### **HOT SALSA FITNESS**

9:30-10:30am  
w/ Alicia

**NEW**

### **Fitness Pass for 10 Classes**

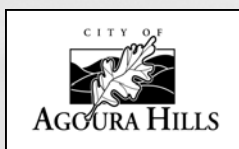
**Senior Members (50+) - \$50**

**Adults/Teens (14+) - \$60**

**Drop-In Fee - \$8**

**\*Please see back of Calendar for  
class description**

**\*Refunds are not available for  
fitness passes**



Agoura Hills Recreation Center - 30610

Thousand Oaks Blvd

(818) 597-7361 - [www.ci.agoura-hills.ca.us](http://www.ci.agoura-hills.ca.us)

# GET FIT

**GENTLE YOGA:** This class is specially designed as a calm and easy-to-do Yoga. Your own special needs and limitations will be addressed as you work towards rediscovering your personal, radiant health. Bring a towel and a mat.

**THERAPEUTIC YOGA:** See how Yoga as a Therapy can help in healing the body. Certified Yoga therapist, Ilene Berke, teaches ways to stretch, move and learn how breathing along with stretching can heal your body. This yoga class is designed to practice flexibility, balance, along with breathing techniques to help you calm and soothe the mind and body. Breathe in fresh positive air, breathe out stress and negativity. Bring a towel and a mat.

**PILATES:** This class is designed to improve strength, coordination, balance, flexibility and body awareness. The total body control allows for flat abdominals, toned arms, slender legs and a strong back. Pilates promotes muscle strength in a calm and relaxing environment. This class is open to all ages and fitness levels. Bring a towel and a mat.

**ZUMBA:** This class is an upbeat and motivating dance class. It involves fun unique moves and dance routines to your favorite Latin music. The combination of fast and slow rhythms provide an effective calorie burning, body toning and feel good work-out. You won't even realize you are working out in this fun-filled and easy to do class!

**SOLID GOLD:** Senior Dance Fitness incorporates easy to follow dance moves for all types of dancers who enjoy dancing and cardio fitness. This class is a fun way to meet others and stay in shape

**ABPILOGA:** A fusion of Pilates, core work and modified yoga using heat and breath work to create a centering experience that is sure to develop those sleek sexy abs

**RAKSA:** A new fitness dance sensation that incorporates easy to follow dance moves influenced by Arabic, Cumbia, Jazz and Bollywood styles. Stacy transforms this into a fun, flirty, Ab toning, heart-pumping workout!

**HOT SALSA FITNESS:** This sizzling class is filled with the spice of Latin moves that will give you a great cardiovascular workout. Come move your body to the Latin rhythms in a fun-filled class while learning Salsa, Merengue, Cha Cha and more! Get your day started feeling great!!

### **FRIDAY NIGHT ZUMBA PARTY!!**

Starting on February 4 from 6:00-8:00pm for \$15, Rachel will be hosting a  
"First Friday of the Month" Friday night Zumba Class!  
Please call (818) 597-7361 for more info or check monthly calendars for updates