

April 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
(No class 4/18)

**THERAPEUTIC
YOGA**
5:00-6:00pm
w/ Ilene

ZUMBA
6:30-7:30pm
w/ Del

TUESDAY

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



WEDNESDAY

GENTLE YOGA
8:30-9:30am
w/ Ann

ZUMBA GOLD
9:45-10:45am
w/ Kat

**DYNAMIC
YOGA**
5:15-6:15pm
w/ Chris

FRIDAY

GENTLE YOGA
8:30-9:30am
w/ Chris

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

SATURDAY

CORE FUSION
8:45-9:45am
w/ Alicia

**HOT SALSA
FITNESS**
9:45-10:45am
w/ Alicia

*No Saturday
classes 4/30



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

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.

DYNAMIC YOGA: Relieve stress while harmonizing the body, breath and mind. Develop strength, flexibility, and balance in a friendly non-competitive way.

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!

ZUMBA GOLD: Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

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!!

CORE FUSION: Yoga and Pilates based movements are "fused" with mat/floor work, standing balance work, traditional abdominal exercises and flowing stretches to help you achieve long, lean muscles and a flexible youthful body. Class includes warm up, stretching, and strengthening exercises along with breathing technique and relaxation. Might also include a few dance based movements to improve balance at various times. This comprehensive core workout (stomach, side & back) will leave you feeling strong and refreshed!

FRIDAY NIGHT ZUMBA PARTY!!

On May 6 from 6:00-8:00pm for \$15, Rachel will be hosting a
Friday night Zumba Class!

Please call (818) 597-7361 for more info or check monthly calendars for updates