

FEATURED FITNESS CLASSES

GROUP EXERCISE CLASS SCHEDULE

MAY 2019



The fitness classes listed below are included with your membership, or are open to the public for \$8-\$10 per class.

MONDAY		TUESDAY		WEDNESDAY	
7:30-8:30a	Pilates <i>Ann</i>	8:30-9:30a	Muscle Cond. <i>Christine</i>	8:30-9:30a	Cycling <i>Kathy</i>
8:30-9:30a	Ultimate Body <i>Sheri</i>	9:30-10:30a	Tone & Stretch <i>Patrice</i>	9:30-10:30a	Strong by Zumba <i>Jessi</i>
9:30-10:45a	Yoga <i>Chandra</i>	10:30-11:30a	Yoga Sculpt <i>Alanie</i>	10:30-11:30a	Yoga <i>Sheryl</i>
10:45-11:45a	Zumba <i>Jessi</i>	11:30-12:45p	Ballet Slim & Trim <i>Ann</i>	11:30-12p	Inclusive Dance <i>Del</i>
12:00-1p	Muscle Cond. <i>Christine</i>	1:15-2:15p	Sr. Fitness <i>Trissa</i>	12-1p	Zumba Gold <i>Del</i>
1:15-2:15p	Sr. Fitness <i>Trissa</i>	5:15-6:15p	Step N Sculpt <i>Christine</i>	1:15-2:15p	Sr. Fitness <i>Trissa</i>
5:15-6:15p	Cycling <i>Susan</i>	6:15-7:15p	TBD	5:15-6:15p	Muscle Cond. <i>Trissa</i>
6:15-7:15p	Strength & Core <i>Janice</i>	7:15-8:15p	Pilates/Yoga <i>Katie</i>	6:15-7:15p	Pilates <i>Trissa</i>
7:15-8:15p	Zumba <i>Natalie</i>			7:15-8:15p	Yoga <i>Patrice</i>

THURSDAY		FRIDAY		SATURDAY	
7-8a	Cycling <i>Kathy</i>	7:30-8:30a	Pilates <i>Ann</i>	8-9a	Zumba <i>Del</i>
8-9a	Tone & Stretch <i>Patrice</i>	8:30-9:30a	Cycling <i>Kathy</i>	9-10:15a	Yoga <i>Chandra</i>
9-10a	Muscle Cond. <i>Christine</i>	9:30-10:30a	Spartan Training <i>Natalie</i>	10:30-11:30a	BollyX <i>Zini</i>
10-11a	Yoga Sculpt <i>Alanie</i>	10:30-11:30a	Zumba <i>Jewell</i>	11:30-12:30p	Pilates <i>Trissa</i>
11a-12p	BollyX <i>Zini</i>	11:35a-1p	Yoga <i>Patrice</i>	12:30-1:45p	Ballet Slim & Trim <i>Ann</i>
12-1p	Lunch Hour Yoga <i>Sheryl</i>	1:15-2:15p	Sr. Fitness <i>Trissa</i>		
1:15-2:15p	Sr. Fitness <i>Trissa</i>	4:25-5:25p	Bootcamp <i>Trissa</i>	SUNDAY	
5:15-6:15p	Step N Sculpt <i>Christine</i>	6:15-7:15p	Zumba <i>Natalie</i>	8-9a	Meditation & Sound Bath <i>Astrid</i>
6:15-7:15p	Spinervals <i>Missy</i>			9-10:30a	Cycling/Core <i>Patrice</i>
7:15-8:15p	Zumba <i>Natalie</i>			10:30a-12p	Yoga <i>Patrice</i>

Note:
No changes from last month.

HOLIDAY SCHEDULE
MON, MAY 27 – CLOSED

AGOURA HILLS/CALABASAS 27040 Malibu Hills Rd
AHCCC Calabasas, CA 91301
 COMMUNITY CENTER 818-880-2993
 www.ahccc.org

CLASS DESCRIPTIONS

Ballet, Slim & Trim: The barre is a real workout and the “center” works on grace, alignment and balance. Great way to tone!!

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

Bootcamp: Intense nonstop heart-pounding cardio workout in a bootcamp style environment that will be sure to challenge every fitness level. Includes weights, plyometrics, kickboxing and core strengthening.

Cycling: Indoor, multi-level cycling for a great cardio workout. Please put your cycling shoes on once your bike is set up to avoid damage to the wood floors. Towels are strongly recommended.

Cycling/Core: Indoor, multi-level cycling for a great cardio workout, followed by foam roll and core exercises for the abs and back. Towels are strongly recommended.

Inclusive Dance: This dance-fitness format is designed for people of all ability levels. Fun music and rhythms will get you moving and there's no dance experience needed!

Meditation & Sound Bath: Increase mental clarity, reduce stress, and alleviate excess tension, depression and chronic pain. Become less reactive and more able to calmly handle the daily and major stressors in life. Feel immediate peace and relaxed ease after just one class. Class ends with a magical Sound Bath. Bring a cushion or pillow to sit on.

Muscle Conditioning: Full body resistance workout, using weights for a challenging and effective workout.

Pilates: Trim & strengthen your core to promote alignment, flexibility, posture, endurance and general health. Beginners welcome!

Pilates/Yoga: A combination of Pilates & Yoga exercises to strengthen your core, promote alignment, endurance, increase flexibility & mental calmness. 15 minutes of meditation at the end of class. **Sweatshirt recommended.** All levels welcome!

Senior Fitness: A fun sculpt and tone class that will increase strength endurance, flexibility and bone density, using light weights and resistance bands. Recommended for ages 55+.

Spinervals: A combination of interval training on the bike with strength and conditioning training off the bike. A great workout, combining cycling, strength and power.

Step N Sculpt: Cardiovascular workout using both step and weight intervals. Ab/core exercises included.

Strength & Core: Class combines cardio, strength and core training to bring your body results! Resistance circuit training that incorporates dumbbells, resistance bands, stability balls, and gliding disks. Build stamina, strengthen bones and prevents injuries!

Strong by Zumba: Intense body weight training. No dancing at all. Be prepared to sweat!

Spartan Training: Class will involve different stations with high intensity moves and similar exercises to those involved in Spartan race's obstacles. It would be a fully body workout including exercises such as box jumps, bucket/weighted carries, burpees, etc.

Tone & Stretch: Gentle stretches, core strength and balance exercises to tone your body.

Ultimate Body: Shred and sculpt your body with intensive strength and cardio intervals. Challenges your muscles and core to enable your body to perform at its highest efficiency in burning fat and calories. Includes 10 minute focus on abs.

Yoga: Come close your eyes and unwind while you stretch, meditate and relax in this multi-level class. Yoga compliments other forms of exercise and promotes strength, balance, circulation and flexibility through posture, correct alignment, inner awareness and breath. Please bring a yoga mat. **A blanket, sweatshirt or sweater is strongly recommended.**

Yoga Sculpt: A faster paced yoga class that includes weights, deigned to sculpt your body!

Zumba: High energy and motivating, easy-to-follow dance routines. Features aerobic/fitness interval training and body sculpting movements. Fun and great for the body and mind!

Zumba Gold: Latin-dance inspired Zumba workout, accessible for seniors, beginners or those needing modifications in exercise routines. Fun, easy and great for the body and mind!

RULES & ETIQUETTE

Classes operate on a first-come, first-served basis.

Towels are recommended, not provided.

When arriving late; please set up in the back of the room.

If you are not following the instructor closely, please set up in the back of the room.

If you are in the Dance Studio during a scheduled class, you must be participating and following the instructor.

No cell phones in class, please step outside if you need to take a call. No talking/disruptions in class.

All classes and instructors are subject to change.

Please bring a bottle of cool water and a moist towel if you get warm, and a sweatshirt if you tend to get cold.

HOURS OF OPERATION

Mon-Fri 6am-10pm

Sat 7am-7pm

Sun 7am-6pm