

# FEATURED FITNESS CLASSES

GROUP EXERCISE CLASS SCHEDULE

# MAY 2018



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

MONDAY	
7:30-8:30a	<b>Pilates</b> <i>Ann</i>
8:30-9:30a	<b>Ultimate Body</b> <i>Sheri</i>
9:30-10:45a	<b>Yoga</b> <i>Chandra</i>
10:45-11:45a	<b>Zumba</b> <i>Jessi</i>
12:00-1p	<b>Muscle Cond.</b> <i>Christine</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
4:15-5:15p	<b>Body Blast</b> <i>Susan</i>
5:15-6:15p	<b>Cycling</b> <i>Susan</i>
6:15-7:15p	<b>Strength &amp; Core</b> <i>Janice</i>
7:15-8:15p	<b>Zumba</b> <i>Natalie</i>

TUESDAY	
8:30-9:30a	<b>Muscle Cond.</b> <i>Christine</i>
9:30-10:30a	<b>Tone &amp; Stretch</b> <i>Patrice</i>
10:30-11:30a	<b>Cycling</b> <i>Patrice</i>
11:30-12:45p	<b>Ballet Slim &amp; Trim</b> <i>Ann</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Step n' Sculpt</b> <i>Christine</i>
6:15-7:15p	<b>Cycling</b> <i>Steve</i>
7:15-8:15p	<b>Pilates/Yoga</b> <i>Katie</i>

WEDNESDAY	
7:30-8:30a	<b>Bootcamp</b> <i>Jennifer</i>
8:30-9:30a	<b>Cycling</b> <i>Kathy</i>
9:30-10:30a	<b>Strong by Zumba</b> <i>Jessi</i>
10:35-11:50a	<b>Yoga</b> <i>Sheryl</i>
12-1p	<b>Zumba Gold</b> <i>Del</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Muscle Cond.</b> <i>Trissa</i>
6:15-7:15p	<b>Pilates</b> <i>Trissa</i>
7:15-8:15p	<b>Yoga</b> <i>Patrice</i>

THURSDAY	
7-8a	<b>Cycling</b> <i>Kathy</i>
8-9a	<b>Tone &amp; Stretch</b> <i>Patrice</i>
9-10a	<b>Muscle Cond.</b> <i>Christine</i>
10-11a	<b>PiYo</b> <i>Rachel</i>
11a-12p	<b>Cardio Dance Mix</b> <i>Rachel</i>
12-1p	<b>Lunch Hour Yoga</b> <i>Sheryl</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
5:15-6:15p	<b>Step N Sculpt</b> <i>Christine</i>
6:15-7:15p	<b>Spinervals</b> <i>Missy</i>
7:15-8:15p	<b>Zumba</b> <i>Natalie</i>

FRIDAY	
7:30-8:30a	<b>Pilates</b> <i>Ann</i>
8:30-9:30a	<b>Cycling</b> <i>Kathy</i>
9:30-10:30a	<b>Bootcamp</b> <i>Jennifer</i>
10:30-11:30a	<b>Zumba</b> <i>Jewell</i>
11:35a-1p	<b>Yoga</b> <i>Patrice</i>
1:15-2:15p	<b>Sr. Fitness</b> <i>Trissa</i>
4:25-5:25p	<b>Bootcamp</b> <i>Trissa</i>
5:30-6:30p	<b>Zumba</b> <i>Natalie</i>

SATURDAY	
8-9a	<b>Zumba</b> <i>Del</i>
9-10:15a	<b>Yoga</b> <i>Chandra</i>
10:25-11:25a	<b>Strong by Zumba</b> <i>Jessi</i>
11:30-12:30p	<b>Pilates</b> <i>Trissa</i>
12:30-1:45p	<b>Ballet Slim &amp; Trim</b> <i>Ann</i>

SUNDAY	
9-10:30a	<b>Cycling/Core</b> <i>Patrice</i>
10:30a-12p	<b>Yoga</b> <i>Patrice</i>

**Note:**  
Changes from the previous month are highlighted in this color.

**HOLIDAY SCHEDULE**  
MON 5/28 **CLOSED**

AGOURA HILLS/CALABASAS

**AHCCC**  
COMMUNITY CENTER

27040 Malibu Hills Rd  
Calabasas, CA 91301  
818-880-2993  
www.ahccc.org

## **CLASS DESCRIPTIONS**

Don't hesitate to try a class! All classes are open to everybody. **TIP:** While in class, if you find a movement to be too challenging listen to your body and improvise until a new move begins.

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

**Body Blast:** Define, tone and strengthen with a full body workout. This workout is specially designed to help you burn fat, focus on core training and increase muscular endurance.

**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.

**Cardio Dance Mix:** Fun and friendly dance class designed to increase cardiovascular strength, improve balance, coordination and memory. From classic Jazz to fun Hip Hop, this class will leave you feeling happy and accomplished!

**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.

**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!

**PiYo:** Combining the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. Quick speed to deliver a true fat-burning, low-impact workout. No weights used.

**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!

**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.**

**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!

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## **RULES & ETIQUETTE**

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

Towels are recommended, not provided.

If 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 classroom during a class, you must be participating and following the instructor.

No cell phones in class, please step outside. No talking/disruptions in class.

All classes and instructors are subject to change.

## **HOURS OF OPERATION**

Mon-Fri 6am-10pm

Sat 7am-7pm

Sun 7am-6pm