

The fitness classes listed below are included with your membership and all classes are open to the public for only \$7/day!
The schedule includes time for set up, cool down and clean up

MAY 2012 CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	Pilates 7:20-8:20a Ann	Muscle Conditioning 8:15-9:15a Christine	Cardio Sculpt & Burn 7:30-8:30a Sheri	Cycling 7:00-8:00a Kathy	Pilates 7:30-8:30a Ann	Zumba 8:00-9:00a Del	Cycling Tone/Core 9:00-10:15a Pat
	Cardio Sculpt & Burn 8:30-9:30a Sheri	Tone & Stretch 9:15-10:15a Pat	Cycling 8:30-9:30a Kathy	Tone & Stretch 8:00-9:00a Pat	Cycling 8:30-9:30a Kathy	Yoga 9:00a-10:15a Chandra	Yoga 10:30a-12:00p Sheryl
	Cardio Sweatshop 9:30-10:30a Missy	Cycling 10:30-11:30a Pat	Zumba 9:30-10:30a Natasha	Muscle Conditioning 9:00-10:00a Christine	Cardio Kickboxing Intervals 9:30-10:30a Candice	Kickboxing Boot Camp 10:15-11:15a Candice	
	Yoga 10:45a-12:00p Chandra	Yoga 12:00-1:15p Sheryl	Yoga 10:35-11:50a Sheryl	Cardio Boot Camp 10:00-11:00a Candice	Zumba 10:30-11:30a Marisa	Cardio Boot Camp 11:15a-12:15p Candice	
	Muscle Conditioning 12:00-1:00p Christine	Ballet Slim & Trim 1:30-2:45p Ann	Cycling/Tone 12:00-1:15p Pat	Zumba 11:00a-12:00p Rachel	Cycling/Tone 12:00-1:00p Pat		
	Senior Fitness 1:15-2:15p Trissa	Step n' Sculpt 5:30-6:30p Christine	Senior Fitness 1:15-2:15p Trissa	Yoga 12:15-1:30p Sheryl	Senior Fitness 1:00-2:00p Trissa		
	Cardio Boot Camp 4:00-5:00p Susan	Cycling 6:30-7:30p Paula	Tai Chi/Qigong 2:15-3:30p Caroline	Ballet Slim/Trim 1:30-2:45p Ann	Step n' Sculpt 5:30-6:30p Christine	Ballet Slim & Trim 5:15-6:30p Ann	
	Cycling 5:00-6:00p Natasha	Pilates 7:30-8:30p Katie	Muscle Conditioning 5:00-6:00p Sheri	Step n' Sculpt 5:30-6:30p Christine	Cycling 6:30-7:30p Missy		
	Zumba 6:00-7:00p Natasha	Yoga 8:30-9:45p Sheryl	Cardio Boot Camp 6:00-7:00p Candice	Cycling 6:30-7:30p Missy	Zumba 7:30-8:30p Natasha		
	Cardio Kickboxing Intervals 7:00-8:00p Sheri		Cardio Kickboxing Intervals 7:00-8:00p Candice				
			Yoga 8:00-9:30p Bud				
PM							

SHADING INDICATES CLASS CHANGE

Please turn over for class descriptions



Agoura Hills/Calabasas Community Center Featured Fitness Classes

[27040 Malibu Hills Road, Calabasas, CA 91301](http://27040%20Malibu%20Hills%20Road,%20Calabasas,%20CA%2091301) Phone: 818-880-2993 Fax: 818-880-2953 Website: www.ahccc.org

Abs, Buns & Thighs: Warm up your muscles doing floor work, concentrating on your abdomen, glutes and thighs. May include weight use.

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

Boot Camp (Cardio): Intense nonstop heart-pounding cardio workout in a boot camp style environment that will be sure to challenge every fitness level. Includes weights, plyometrics, kickboxing and core strengthening.

Cardio Sculpt & Burn: Weight training for strengthening and sculpting your entire body, along with cardio intervals for intense calorie burn and achieving a higher metabolism rate. Class includes 15 minute "ab rehab".

Cardio Kickboxing Intervals: This dynamic class offers both kick boxing and dancing to upbeat music. Work out at your own pace!

Cardio Sweatshop: Combines kickboxing and circuit training for a non-stop cardio and strength training workout. May include outside activities.

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/Tone (Core): Indoor, multi-level cycling for a great cardio workout, followed by core strength, muscle conditioning and balance exercises to tone. Towels are strongly recommended.

Kickboxing/Boot Camp: A cardio kickboxing class with a boot camp theme, designed to increase your energy, metabolism and fitness level through a series of kicks, punches and weights.

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

Pilates: Trim and strengthen your core to promote great alignment, flexibility, posture, endurance, general health. Beginners are welcome to start at anytime.

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+.

Step n' Sculpt: Cardiovascular workout using both step and weight intervals.

Tai Chi/Qigong: Promotes energized relaxation, vitality, focus, balance, coordination, flexibility, stamina and strength, enhances happiness, builds confidence, releases stress, and calms the mind and emotions. Improves performance in all other activities and sports.

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

Yoga: Come close your eyes and unwind while you stretch, meditate and relax in this multi-level class. *Hatha yoga* compliments other forms of exercise and promotes strength, balance, circulation & flexibility through posture, correct alignment, inner awareness and breath. Hatha-Astanga yoga is a union of mind, body, spirit in breath synchronized movement, Vinyasa flow & Iyengar alignments. 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, easy and great for the body and mind!

Cost: Members: Free Non Members: \$7/class or \$70/12 classes. (\$5/class and \$50/12 classes-seniors & students)

Rules & Etiquette: All classes run on a first come, first serve basis. ***Towels are recommended but not provided.*** When coming in late, please set up in the back of the room.

Please Note: All classes and instructors are subject to change. See other side for the Featured Fitness Schedule.