Cardio Pump

10 Weeks, $49

A heart pumping interval class consisting of 6-9 minute segments alternating between cardio and strength/balance conditioning. Guaranteed to work every muscle and improve your whole body! Please wear supportive shoes and bring a set of 3 lbs. or 5 lbs. weights, mat, water and a towel. No class will be held on 7/4/12 & 7/7/12.

Instructor: Chris Collins **(714) 612-9772**
Location: Sports Center at Grijalva Park

33875	Wed	Jun 13–Aug 22	14+	6:00–7:00 p.m.
33876	Sat	Jun 16–Aug 25	14+	8:00–9:00 a.m.

Step Plus Abs

10 Weeks, $39

This is a great fat burning, low impact, workout guaranteed to lower your blood pressure and strengthen your knees. Easy to follow step patterns for both beginning and intermediate levels set to fun, motivating music. A great abdominal workout and stretch will conclude each class. Please bring a step and mat to class. No class will be held on 7/2/12.

Instructor: Chris Collins **(714) 612-9772**
Location: Orange Senior Center

34784	Mon	Jun 11–Aug 20	14+	6:00–7:00 p.m.

Fitness Party

10 Weeks, $39

This class combines the best fat-burning low impact aerobics with a total body-toning workout set to fun, motivating music. Good athletic shoes and a mat are required. Wrist or ankle weights are optional. No class will be held on 7/3/12 & 7/5/12.

Instructor: Chris Collins **(714) 612-9772**
Location: Orange Senior Center

33983	Tue	Jun 12–Aug 21	14+	6:00–7:00 p.m.
33982	Thu	Jun 14–Aug 23	14+	6:00–7:00 p.m.

Stroller Strides®

4 Weeks, $79

Stroller Strides® is much more than just a stroll in the park. Stroller Strides is a total body fitness program that you can do with your baby. Class is taught by a certified and specially trained fitness instructor and includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Songs and activities designed to entertain and engage your baby are incorporated into your exercise regime. ALL fitness levels are welcome. Please bring water and a mat to class. No class will be held on 7/3/12 & 7/4/12.

Stroller Strides with Brook Friedrich – Morning (888) 577-0646
Location: Santiago Hills Park – Pavilion

34404	Tu/Th	Jun 12–Jul 05	18+	9:30–10:30 a.m.
34405	Tu/Th	Jul 17–Aug 09	18+	9:30–10:30 a.m.

Stroller Strides with Heather Gregson
Location: Hart Park Bandshell

34771	M/W	Jun 11–Jul 09	18+	9:30–10:30 a.m.
34772	T/Th	Jun 12–Jul 10	18+	5:00–6:00 p.m.
34774	M/W	Jul 23–Aug 15	18+	9:30–10:30 a.m.
34773	T/Th	Jul 24–Aug 16	18+	5:00–6:00 p.m.

Yoga in the Hills is now offering yoga classes in two locations: Sports Center at Grijalva Park, 368 N. Prospect Ave., Orange, 92869 and Yoga in the Hills Studio, 7444 E. Chapman Ave., Orange 92869, (714) 289-2248

Yoga for Back Pain

10 Weeks, $89

This Hatha Yoga class taught by a registered nurse is specifically designed for students suffering from low back pain. Modified yoga poses will be provided as needed.

Location: Yoga in the Hills Studio

34941	Tue	Jun 12–Aug 14	18+	5:15–6:25 p.m.

Candlelight Hatha Yoga

10 Weeks, $89

This continuing Hatha Yoga class is infused with short segments of yoga wisdom and candlelight to deepen the yoga experience. It will provide a sense of calm and serenity to the end the day. Students need to bring a yoga mat and should not eat two hours prior to class.

Location: Yoga in the Hills Studio

33865	Mon	Jun 11–Aug 13	18+	6:30–7:40 p.m.

Hatha Yoga & Meditation

10 Weeks, $89

This Hatha Yoga class includes a 20 minute segment exploring different types of meditation techniques to help quiet the mind which is great for stress reduction. No class will be held on 7/4/12.

Location: Yoga in the Hills Studio

34068	Mon	Jun 11–Aug 13	18+	4:00–5:10 p.m.
34069	Wed	Jun 13–Aug 22	18+	4:00–5:10 p.m.

Hatha Yoga

10 Weeks, $89

In our quiet studio, your mind, body, and soul will find peace, as you increase your strength, flexibility, balance, and range of motion. Please bring a mat and yoga strap to class. We recommend not eating two hours prior to class. No class will be held on 7/4/12.

Location: Yoga in the Hills Studio

34054	Mon	Jun 11–Aug 13	18+	8:30–9:40 a.m.
34055	Mon	Jun 11–Aug 13	18+	5:15–6:25 p.m.
34060	Mon	Jun 11–Aug 13	18+	7:45–8:55 p.m.
34056	Tue	Jun 12–Aug 14	18+	7:45–8:55 p.m.
34057	Wed	Jun 13–Aug 22	18+	7:45–8:55 p.m.
34058	Fri	Jun 15–Aug 17	18+	6:00–7:10 p.m.
34059	Sat	Jun 16–Aug 18	18+	10:30–11:40 a.m.

Yoga in the Hills is now offering yoga classes in two locations: Sports Center at Grijalva Park, 368 N. Prospect Ave., Orange, 92869 and Yoga in the Hills Studio, 7444 E. Chapman Ave., Orange 92869, (714) 289-2248

Introduction to Hatha Yoga

10 Weeks, $89

This class is designed for the absolute beginning yoga student or for those students who want to focus on proper alignment and form as they progress with their yoga practice. Proper breathing exercises will be introduced for stress as well. Students need to bring a yoga mat and should not eat two hours before class.

Location: Sports Center at Grijalva Park

34111	Wed	Jun 13–Aug 22	18+	7:45–8:55 p.m.

Continuing Hatha Yoga

10 Weeks, $89

This Hatha Yoga class which takes place in our tranquil studio in the hills, is for students with previous yoga experience who wish to deepen their yoga practice with stronger flow series and more advanced poses. Bring a mat and yoga strap to class. We recommend not eating two hours prior to class. No class will be held on 7/4/12.

Location: Yoga in the Hills Studio

33894	Tue	Jun 12–Aug 14	18+	9:30–10:40 a.m.
33895	Tue	Jun 12–Aug 14	18+	5:15–6:25 p.m.
33896	Wed	Jun 13–Aug 22	18+	8:30–9:40 a.m.
33897	Thu	Jun 14–Aug 16	18+	9:30–10:40 a.m.
33898	Sun	Jun 17–Aug 19	18+	9:30–10:40 a.m.

Power Yoga

10 Weeks, $89

This class is our most challenging yoga class set in a professional and serene yoga studio. Power Yoga consists of vinyasa flow, advanced poses and breathing exercises. Students must have prior yoga experience. No class will be held on 7/4/12.

Location: Yoga in the Hills Studio

34320	Wed	Jun 13–Aug 22	18+	5:15–6:25 p.m.
34321	Sat	Jun 16–Aug 18	18+	9:30–10:40 a.m.

Adaptive Hatha Yoga

10 Weeks, $89

This Hatha Yoga class is designed to meet the needs of individuals with weight and medical issues, seniors as well as prenatal and postnatal mothers who require more individualized attention and modifications of poses. The instructor is a registered nurse who will include the use of restorative yoga poses during the class. Please bring an exercise mat and yoga strap to each class. Students should not eat two hours before class.

Location: Yoga in the Hills Studio

33579	Tue	Jun 12–Aug 14	18+	6:30–7:40 p.m.

Hatha Yoga–Alignment & Form

10 Weeks, $89

This yoga class which focuses on alignment and form is taught gradually to build confidence in your practice to safely enjoy yoga for the rest of your life. This class is beneficial for beginners, as well as advanced yoga practitioners. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

34778	Thu	Jun 14–Aug 16	18+	5:15–6:25 p.m.
34067	Fri	Jun 15–Aug 17	18+	8:30–9:40 a.m.

Yoga for Weight Control

10 Weeks, $89

This new Hatha Yoga class that focuses on posture and mental well-being will provide you with the natural weight management tools you need to help you control your weight. This class will be taught by a licensed psychotherapist who will infuse the class with stress reduction techniques. Please do not eat two hours before class and bring a mat.

Location: Yoga in the Hills Studio

34781	Wed	Jun 13–Aug 22	18+	9:45–10:55 a.m.

Core Yoga

10 Weeks, $89

This continuing Hatha Yoga class is fused with Core Pilates as it focuses on building core/abdominal strength. Class is taught by a yoga teacher who is also a Pilates teacher. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

33914	Wed	Jun 13–Aug 22	18+	6:30–7:40 p.m.

Baby Boomer Yoga

10 Weeks, $89

This basic Hatha Yoga class is designed for students 50 years of age (and older). Yoga focuses on building strength, flexibility, balance, coordination, range of motion and circulation. Please bring an exercise mat and yoga strap to each class. Students should not eat two hours before class.

Location: Yoga in the Hills Studio

33633	Tue	Jun 12–Aug 14	50+	10:45–11:55 a.m.
33635	Thu	Jun 14–Aug 16	50+	7:00–8:10 p.m.
34776	Thu	Jun 14–Aug 16	50+	10:45–11:55 a.m.

Location: Sports Center at Grijalva Park

33634	Tue	Jun 12–Aug 14	50+	5:00–6:10 p.m.

AeroYoga

10 Weeks, $89

AeroYoga is an aerobic style of Hatha Yoga. This exhilarating class will provide you with a great, well-rounded workout.

Location: Yoga in the Hills Studio

33584	Sat	Jun 16–Aug 18	18+	8:00–9:10 a.m.