Belly Dance

9 Weeks

Experience the graceful and fun moves of Egyptian Belly Dance. Each semester offers new choreography highlighting different aspects of this intoxicating dance with insightful connections to its cultural roots. Participants in the Comprehensive class dance with the Introductory class and then stay for an additional hour to learn more professional techniques and advanced choreography.

Instructor: Kahena Viale **sacreddancer2@gmail.com**
Location: Shaffer Park Building

Introductory $65				
35504	Thu	Sep 20–Nov 15	8+	6:45–8:15 p.m.
Comprehensive $85				
35505	Thu	Sep 20–Nov 15	8+	6:45–9:15 p.m.

Salsa Latin Mix

4 Weeks, $39

Don't be left out of the hottest dance craze! This course introduces you to the basic elements of salsa dancing, as well as other Latin rhythms such as Cha Cha Cha, Bachata, and Merengue. You will learn the essentials such as timing, rhythm, leading, following, posture, framing, hand placement, and much more.

Instructor: Tomas Olivera **(562) 673-2945**
Location: Olive Park Building

Beginning				
36243	Fri	Sep 14–Oct 05	14+	7:00–8:00 p.m.
36244	Fri	Oct 19–Nov 09	14+	7:00–8:00 p.m.
36247	Fri	Nov 30–Dec 21	14+	7:00–8:00 p.m.
Intermediate				
36245	Fri	Sep 14–Oct 05	14+	8:00–9:00 p.m.
36246	Fri	Oct 19–Nov 09	14+	8:00–9:00 p.m.
36248	Fri	Nov 30–Dec 21	14+	8:00–9:00 p.m.

Dance Stretch

6 Weeks, $70

Enjoy the fitness benefits of dance without the complexity of dance steps. Enjoy the best stretch elements of Ballet, Jazz and Modern dance. This class is designed to increase flexibility, elongate the body and improve muscular tone.

Instructor: Eugenia Lane **(714) 746-5642**
Location: Olive Park Building

35789	Mon	Sep 10–Oct 15	16+	9:00–10:00 a.m.
35790	Mon	Oct 22–Dec 10	16+	9:00–10:00 a.m.

Belly Dance Fusion

7 Weeks, $56

This exciting class introduces Egyptian cabaret belly dance in a fun and invigorating style. You will learn proper body alignment, posture and movements to get a fun and challenging work out. All level ranges are welcome.

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Sports Center at Grijalva Park

36782	Sat	Sep 15–Oct 27	18+	10:45–11:40 a.m.
36783	Sat	Nov 03–Dec 15	18+	10:45–11:40 a.m.

Phill's Ballroom Dance Studio
940 W. Chapman Ave., Orange 92866
(714) 744-6015

Get one-on-one attention as you learn the most popular dance patterns used today, focusing on time, posture, dance hold, and the leading/following techniques which will help you to gain the confidence to join the fun on any dance floor. Fee includes a list of steps, unlimited studio practice time and one free pass to a studio social dance. Single dancers and couples are welcome.

All Courses 4 Weeks, $39

Foxtrot:				
36687	Mon	Sep 10–Oct 01	18+	7:10–8:00 p.m.
ChaCha:				
36686	Mon	Sep 10–Oct 01	18+	8:10–9:00 p.m.
Salsa:				
36250	Tue	Oct 02–Oct 23	18+	8:10–9:00 p.m.
36660	Tue	Oct 30–Nov 20	18+	8:10–9:00 p.m.
36661	Tue	Nov 27–Dec 18	18+	8:10–9:00 p.m.
Intermediate Salsa:				
36663	Tue	Oct 02–Oct 23	18+	8:10–9:00 p.m.
36664	Tue	Oct 30–Nov 20	18+	8:10–9:00 p.m.
36665	Tue	Nov 27–Dec 18	18+	8:10–9:00 p.m.
Swing:				
36330	Mon	Oct 08–Oct 29	18+	7:10–8:00 p.m.
Tango:				
36688	Mon	Oct 08–Oct 29	18+	8:10–9:00 p.m.
Waltz:				
36517	Mon	Nov 05–Nov 26	18+	7:10–8:00 pm.
Rumba:				
36689	Mon	Nov 05–Nov 26	18+	8:10–9:00 p.m.

NEW Boot Camp

5 Weeks, $100

Kick it up a notch with strength training and aerobic workouts. Strengthen your core while toning muscles. Bring comfortable shoes and water. Meet at diamond 1.

Instructor: The Yoga Mat Staff **(714) 403-1550**
Location: Steve Ambriz Memorial Park

36793	M/W	Sep 10–Oct 10	18+	9:30–10:30 a.m.

Cardio Boot Camp™

6 Weeks, $142/*8 Weeks, $189

Cardio Boot Camp is a high energy outdoor circuit-training class. Meet new people, burn calories, increase lean muscle mass, and lose body fat. Cardio Boot Camp is designed for all fitness levels and includes nutrition counseling. Be sure to wear good running shoes and bring a mat, 5-8 lb. hand weights, and plenty of water. No class will be held on 11/12/12 & 11/23/12.

Instructor: OC Body Business Staff **(949) 480-1742**
iamfit@ocbodybusiness.com

Location: Grijalva Park

35720	M/W/F	Sep 10–Oct 19	18+	5:30–6:30 a.m.
*35721	M/W/F	Oct 29–Dec 21	18+	5:30–6:30 a.m.

Barre Body

10 Weeks, $99

Barre Body incorporates dance conditioning, basic ballet, pilates, and yoga movements along with toning exercises to strengthen and tone out the entire body and increase your flexibility. Movements are done along the barre, as well as center floor to energizing and motivating music. Class concludes with yoga stretches and savasana to lengthen out muscles and relax the body and mind. Please bring yoga mat. No class will be held on 11/22/12.

Instructor: OC Dance Productions Staff **(714) 389-1933**
Location: Sports Center at Grijalva Park

35468	Thu	Sep 20–Nov 29	18+	6:00–6:50 p.m.

Yoga Stretch

6 Weeks, $70

Journey through Yoga poses and explore methods of relaxation for the body and mind. Instruction and practice will include Hatha Yoga poses designed and adapted for all ages. Emphasis is on increasing flexibility, correct body alignment and stress management. No class will be held on 11/12/12 & 11/26/12.

Instructor: Eugenia Lane **(714) 746-5942**
Location: Olive Park Building

36576	Mon	Sep 10–Oct 15	16+	10:10–11:10 a.m.
36577	Mon	Oct 22–Dec 10	16+	10:10–11:10 a.m.

Zumba®

7 Weeks, $59

Zumba fuses Latin and international music with fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness and resistance training to maximize caloric output, fat burning, and total body toning with a mixture of body sculpting movements and easy to follow dance steps. You'll have fun dancing Latin moves while burning off calories!

Instructor: OC Body Business Staff **(949) 480-1742**
iamfit@ocbodybusiness.com

Location: Senior Center

36594	Mon	Sep 10–Oct 15	16+	7:15–8:15 p.m.
36596	Thu	Sep 13–Oct 18	16+	7:15–8:15 p.m.
36595	Mon	Oct 29–Dec 10	16+	7:15–8:15 p.m.
36597	Thu	Nov 01–Dec 13	16+	7:15–8:15 p.m.

Location: Sports Center at Grijalva Park

36598	Sat	Sep 15–Oct 20	16+	9:15–10:15 a.m.
36599	Sat	Nov 03–Dec 15	16+	9:15–10:15 a.m.

Piloxing®

6 Weeks, $59

Piloxing® is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing and the fun sensuality of dance, into a high energy interval training workout. Transform yourself into a tough and agile boxer, graceful ballerina and hip street dancer all in one class!

Instructor: Gina Abravanel **(949) 480-1742**
Location: Orange Senior Center

36197	Wed	Sep 12–Oct 17	18+	7:15–8:15 p.m.
36198	Wed	Nov 07–Dec 12	18+	7:15–8:15 p.m.

Extreme Fitness Kickboxing

4 Weeks, $44

Kick and punch your way to achieving your fitness goal! This total body workout will help you lose weight, tone and shape, gain endurance, improve flexibility, and relieve stress in a fun, high-energy environment. This class is designed for men and women of all fitness levels. No class will be held on 10/31/12.

Instructor: Frazier Martial Arts Staff **(714) 771-2977**
Location: Frazier Martial Arts Studio,
245 N. Tustin St., Orange 92867

35806	Mon	Sep 17–Oct 08	15+	7:00–7:45 p.m.
35807	Wed	Sep 19–Oct 10	15+	7:00–7:45 p.m.
35808	Mon	Oct 15–Nov 05	15+	7:00–7:45 p.m.
35809	Wed	Oct 17–Nov 14	15+	7:00–7:45 p.m.
35810	Mon	Nov 12–Dec 03	15+	7:00–7:45 p.m.
36678	Wed	Nov 21–Dec 12	15+	7:00–7:45 p.m.

Fitness for Older Adults

Zumba Gold

***8 Weeks, $64/7 Weeks, $56**

Basic Zumba moves for older adults of all fitness levels. This class addresses the anatomical, physiological and psychological needs specific to this population. Be prepared to have fun and dance, you will not even realize you're exercising!

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Sports Center at Grijalva Park

*36001	Tue	Sep 11–Oct 30	18+	7:00–7:50 p.m.
36600	Sat	Sep 15–Oct 27	18+	12:00–12:50 p.m.
36002	Sat	Nov 03–Dec 15	18+	12:00–12:50 p.m.
36003	Tue	Nov 06–Dec 18	18+	7:00–7:50 p.m.

NEW Zumba Gold Toning

7 Weeks, $56/*6 Weeks, $48

Learn the basic Zumba Gold dance fitness party steps while adding a few new components. Lightweight Zumba Toning sticks will be used to enhance muscle strength, endurance and definition for the active older adult. Bring water and a towel to class. A $17 material fee payable to the instructor is due the first day of class. No class will be held on 9/25/12 & 11/27/12.

Instructor: Intertia Fitness Team **(714) 469-8039**
Location: Steve Ambriz Memorial Park Building

36604	Tue	Sep 11–Oct 30	18+	5:45–6:35 p.m.
*36605	Tue	Nov 06–Dec 18	18+	5:45–6:35 p.m.

Amazing Grays, How Fit Thou Art

5 Weeks, $49

This fun, low impact fitness class designed for those 50 years or older will help you get fit using weights, resistance bands, dance and stretching exercise. This class is ideal for the more seasoned body, but young at heart!

Instructor: Sue Burchfiel **(951) 544-8728**
Location: Olive Park Building

35401	Fri	Sep 14–Oct 12	50+	9:00–10:00 a.m.
35402	Fri	Oct 19–Nov 16	50+	9:00–10:00 a.m.

Chair Volleyball

5 Weeks, $30

Attention active seniors, come join us for a great game of chair volleyball! It's just like the original game of volleyball you played as a kid, but we stay seated and use a beach ball. This game will improve hand-eye coordination, balance, flexibility and brain stimulation while having fun!

Instructor: Sue Burchfiel **(951) 544-8728**
Location: Olive Park Building

35734	Tue	Sep 11–Oct 09	55+	11:00 a.m.–noon
36781	Tue	Oct 16–Nov 13	55+	11:00 a.m.–noon

Also check out "Baby Boomer Yoga" on page 30.

Thai Kickboxing

4 Weeks, $44

Lose weight, build muscle, transform your body and learn self defense. This class is great for men and women of all fitness levels and is taught with an awareness to protect your knees, ankles, back and neck. There is no bouncing, jumping or contact with other people. All participants must have appropriate kickboxing gloves which can be purchased in class for $20. No class will be held on 10/31/12.

Instructor: Frazier Martial Arts Staff **(714) 771-2977**
Location: Frazier Martial Arts Studio,
245 N. Tustin St., Orange 92867

36386	Mon	Sep 17–Oct 08	15+	7:45–8:30 p.m.
36387	Wed	Sep 19–Oct 10	15+	7:45–8:30 p.m.
36388	Mon	Oct 15–Nov 05	15+	7:45–8:30 p.m.
36389	Wed	Oct 17–Nov 14	15+	7:45–8:30 p.m.
36390	Mon	Nov 12–Dec 03	15+	7:45–8:30 p.m.
36679	Wed	Nov 21–Dec 12	15+	7:45–8:30 p.m.

OKC Cardio-Kick Boxing

4 Weeks, $49

Our classes combine basic martial arts and boxing skills in an upbeat workout that is truly a blast. This is a great class to help reduce stress and tone up the body. No previous experience is necessary. Bag gloves are required and may be purchased at the OKC studio for $20. Students may choose any two classes per week from the following class times: M/W 7–7:45 p.m., T/Th 7:30–8:15 p.m. No classes will be held on 10/31/12 & 11/12/12.

Instructor: Orange Karate Center Staff **(714) 538-7620**
Location: Orange Karate Center,
1208 N. Tustin St., Orange 92867

36118	Sep 10–Oct 04	18+	
36119	Oct 15–Nov 14	18+	

Core Mat Pilates

5 Weeks, $49

Pilates increases agility and strength by working specific muscles in a controlled, scientific way. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints and muscles. Feel free to work at your own level of fitness. Please bring a mat to every class.

Instructor: Dawna Ludwig **(714) 478-6261**
Location: Sports Center at Grijalva Park

35759	Wed	Sep 12–Oct 10	13+	6:00–7:00 p.m.
35760	Wed	Oct 17–Nov 14	13+	6:00–7:00 p.m.

Power Pilates Fusion

8 Weeks, $64/*7 Weeks, $56/ **6 Weeks, $48

Develop a more defined and leaner image as you tone, lengthen, strengthen and align your body with your core abdominal muscles, as well as improve your breathing and overall health and well being. Please bring water and a mat to class.

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Sports Center at Grijalva Park

36203	Mon	Sep 10–Oct 29	18+	7:00–8:00 p.m.
**36205	Mon	Nov 05–Dec 10	18+	7:00–8:00 p.m.

Location: Steve Ambriz Memorial Park Building

*36204	Sat	Sep 15–Oct 27	18+	9:30–10:30 a.m.
*36206	Sat	Nov 03–Dec 15	18+	9:30–10:30 a.m.

Boxing Burn

5 Weeks, $45/*4 Weeks, $40

Get fit and have fun while burning calories with our cardio boxing class. Learn basic boxing techniques, combinations and footwork. Get a great workout with full body strength training exercises too! It's the perfect workout for both men and women. You will feel great and see results in 4 weeks or less by following our at-home workout. No class will be held on 10/31/12, 11/12/12, & 11/21/12.

Instructor: Kris Whittington **(714) 616-0240**
Location: Sports Center at Grijalva Park

35517	M/W	Sep 10–Oct 03	13+	6:00–7:00 p.m.
35518	M/W	Oct 08–Nov 07	13+	6:00–7:00 p.m.
36612	M/W	Nov 14–Dec 12	13+	6:00–7:00 p.m.

Tai Chi Chih

8 Weeks, $59/*4 Weeks, $29

Tai Chi Chih is an exercise that challenges both body and mind. The serene, non-strenuous movement of Tai Chi promotes balance, flexibility, and mental clarity. Tai Chi Chih can be done by all, regardless of physical condition. Tai Chi can help relieve stress and increase health.

Instructor: Al Talberg **(714) 633-0827**
Location: Sports Center at Grijalva Park

36331	Mon	Sep 10–Oct 29	18+	6:00–6:45 p.m.
*36613	Mon	Nov 19–Dec 10	18+	6:00–6:45 p.m.

Cardio Pump

7 Weeks, $39

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 11/24/12.

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

35726	Wed	Sep 12–Oct 24	14+	6:00–7:00 p.m.
35727	Sat	Sep 15–Oct 27	14+	8:00–9:00 a.m.
35728	Wed	Nov 07–Dec 19	14+	6:00–7:00 p.m.
35729	Sat	Nov 03–Dec 15	14+	8:00–9:00 a.m.

Step Plus Abs

7 Weeks, $29

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 11/12/12.

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

36296	Mon	Sep 10–Oct 22	14+	6:00–7:00 p.m.
36628	Mon	Oct 29–Dec 17	14+	6:00–7:00 p.m.

Fitness Party

7 Weeks, $29

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.

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

36626	Tue	Sep 11–Oct 23	14+	6:00–7:00 p.m.
35837	Thu	Sep 13–Oct 25	14+	6:00–7:00 p.m.
36627	Tue	Oct 30–Dec 11	14+	6:00–7:00 p.m.
35838	Thu	Nov 01–Dec 20	14+	6:00–7:00 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

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

35976	Wed	Sep 12–Nov 14	18+	7:45–8:55 p.m.

Stroller Strides®

6 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 11/21/12 & 11/22/12.

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

36304	Tu/Th	Sep 11–Oct 18	18+	9:30–10:30 a.m.
36305	Tu/Th	Oct 23–Dec 04	18+	9:30–10:30 a.m.

Stroller Strides with Heather Gregson
Location: Hart Park Sports Fields

36641	M/W	Sep 10–Oct 17	18+	9:30–10:30 a.m.
36642	T/Th	Sep 11–Oct 18	18+	5:00–6:00 p.m.
36644	M/W	Oct 29–Dec 12	18+	9:30–10:30 a.m.
36643	T/Th	Oct 30–Dec 11	18+	5:00–6:00 p.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.

Location: Yoga in the Hills Studio

36210	Wed	Sep 12–Nov 14	18+	5:15–6:25 p.m.

Therapeutic Yoga

10 Weeks, $89

This Hatha Yoga class taught by a registered nurse is specifically designed for students with back pain, weight issues, and/or other medical issues who require more individualized attention and pose modifications. Please bring a yoga mat to class; students must be able to get up and down a mat without assistance. No class will be held on 11/11/12.

Location: Yoga in the Hills Studio

36681	Sun	Sep 16–Nov 25	18+	10:45–11:55 a.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

35715	Mon	Sep 10–Nov 19	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 10/08/12.

Location: Yoga in the Hills Studio

35924	Mon	Sep 10–Nov 19	18+	4:00–5:10 p.m.
35925	Wed	Sep 12–Nov 14	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 10/08/12.

Location: Yoga in the Hills Studio

35914	Mon	Sep 10–Nov 19	18+	8:30–9:40 a.m.
35915	Mon	Sep 10–Nov 19	18+	5:15–6:25 p.m.
35916	Wed	Sep 12–Nov 14	18+	7:45–8:55 p.m.
35917	Fri	Sep 14–Nov 16	18+	6:00–7:10 p.m.
35918	Sat	Sep 15–Nov 17	18+	10:30–11:40 a.m.