Step Plus Abs

8 Weeks, $35

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 2/18/13.

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

37204	Mon	Jan 14–Mar 11	14+	6:00–7:00 p.m.

Fitness Party

9 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.

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

TRIAL	Thu	Jan 10	14+	6:00–7:00 p.m.
36994	Tue	Jan 15–Mar 12	14+	6:00–7:00 p.m.
36993	Thu	Jan 17–Mar 14	14+	6:00–7:00 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 2/18/13.

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

37206	T/Th	Jan 15–Feb 21	18+	9:30–10:30 a.m.

Stroller Strides with Heather Gregson
Location: Hart Park Sports Fields

37208	M/W	Jan 14–Feb 25	18+	9:30–10:30 a.m.
37209	T/Th	Jan 15–Feb 21	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

Introduction to Hatha Yoga

8 Weeks, $79

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

37071	Wed	Jan 16–Mar 06	18+	7:45–8:55 p.m.

Basic Hatha Yoga

8 Weeks, $79

Your body, mind and spirit will find peace as you increase your strength, flexibility, balance, and range of movement. Bring a mat. Do not eat two hours before class.

Location: Steve Ambriz Memorial Park

TRIAL	Mon	Jan 07	18+	6:30–7:40 p.m.
37454	Mon	Jan 14–Mar 14	18+	6:30–7:40 p.m.

Power Yoga

8 Weeks, $79

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

37179	Wed	Jan 16–Mar 06	18+	5:15–6:25 p.m.

Therapeutic Yoga

8 Weeks, $79

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.

Location: Yoga in the Hills Studio

37260	Sun	Jan 20–Mar 10	18+	10:45–11:55 a.m.

Candlelight Hatha Yoga

8 Weeks, $79

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

36932	Mon	Jan 14–Mar 11	18+	6:30–7:40 p.m.

Hatha Yoga & Meditation

8 Weeks, $79

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 2/18/13.

Location: Yoga in the Hills Studio

37055	Mon	Jan 14–Mar 11	18+	4:00–5:10 p.m.
37056	Wed	Jan 16–Mar 06	18+	4:00–5:10 p.m.

Hatha Yoga

8 Weeks, $79

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 2/18/13.

Location: Yoga in the Hills Studio

37048	Mon	Jan 14–Mar 11	18+	8:30–9:40 a.m.
37049	Mon	Jan 14–Mar 11	18+	5:15–6:25 p.m.
37050	Wed	Jan 16–Mar 06	18+	7:45–8:55 p.m.
37051	Fri	Jan 18–Mar 08	18+	6:00–7:10 p.m.
37052	Sat	Jan 19–Mar 09	18+	10:30–11:40 a.m.

Continuing Hatha Yoga

8 Weeks, $79

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 2/18/13.

Location: Yoga in the Hills Studio

36949	Mon	Jan 14–Mar 11	18+	9:45–10:55 a.m.
36950	Tue	Jan 15–Mar 05	18+	9:30–10:40 a.m.
36951	Tue	Jan 15–Mar 05	18+	5:15–6:25 p.m.
36952	Tue	Jan 15–Mar 05	18+	7:45–8:55 p.m.
36953	Wed	Jan 16–Mar 06	18+	8:30–9:40 a.m.
36954	Thu	Jan 17–Mar 07	18+	9:30–10:40 a.m.
36955	Sun	Jan 20–Mar 10	18+	9:30–10:40 a.m.

Adaptive Hatha Yoga

8 Weeks, $79

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

36873	Tue	Jan 15–Mar 05	18+	6:30–7:40 p.m.

Hatha Yoga–Alignment & Form

8 Weeks, $79

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

37053	Thu	Jan 17–Mar 07	18+	5:15–6:25 p.m.
37054	Fri	Jan 18–Mar 08	18+	8:30–9:40 a.m.

Yoga for Weight Control

8 Weeks, $79

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

37308	Wed	Jan 16–Mar 06	18+	9:45–10:55 a.m.

Core Yoga

8 Weeks, $79

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

36959	Wed	Jan 16–Mar 06	18+	6:30–7:40 p.m.

Baby Boomer Yoga

8 Weeks, $79

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

36893	Tue	Jan 15–Mar 05	50+	10:45–11:55 a.m.
36894	Thu	Jan 17–Mar 07	50+	10:45–11:55 a.m.

Location: Sports Center at Grijalva Park

36895	Tue	Jan 15–Mar 05	50+	4:00–5:10 p.m.
36896	Thu	Jan 17–Mar 07	50+	7:00–8:10 p.m.

AeroYoga

8 Weeks, $79

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

36874	Sat	Jan 19–Mar 09	18+	8:30–9:40 a.m.