Argentine Tango

4 Weeks, $39

Come learn the beautiful, sensual Argentine Tango taught by a professional dance duo. This dance is highly expressive and can be learned easily by those who struggle with dance rhythm. Wear soft-soled shoes to class. Single dancers and couples are welcome.

Instructor: Yoga in the Hills Staff **(714) 289-2248**
Location: Yoga in the Hills Studio,
7444 E. Chapman Ave., Orange 92869

37601	Mon	Apr 01–Apr 22	18+	8:00–9:00 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				
37994	Fri	Apr 05–Apr 26	14+	7:00–8:00 p.m.
37995	Fri	May 10–May 31	14+	7:00–8:00 p.m.
Intermediate				
37996	Fri	Apr 05–Apr 26	14+	8:00–9:00 p.m.
37997	Fri	May 10–May 31	14+	8:00–9:00 p.m.

NEW Hoopdance

8 Weeks, $100

Hoopnotica Hoopdance is a cardiovascular exercise that uses an adult sized hula hoop (about 1.5 lbs) to build balance, strengthen core muscles, and tone the entire body. Unlike traditional 'hula hooping', Hoopdance uses the hoop on all parts of the body (waist, hips, thighs, chest, neck, & arms) and travels on and off of the horizontal plane. In addition to physical benefits, Hoopdance reduces stress, increases self-confidence, and generates joy and laughter.

Instructor: Rhythm and Flow Staff **(714) 820-3101**
Location: Sports Center at Grijalva Park

38322	Sat	Apr 06–May 25	18+	10:30–11:30 a.m.

Cardio Boot Camp™

5 Weeks, $139

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 5/27/13.

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

37676	M/W/F	Apr 01–May 03	18+	5:30–6:30 a.m.
37677	M/W/F	May 13–Jun 17	18+	5:30–6:30 a.m.

Fitness for Older Adults

Zumba Gold

5 Weeks, $40

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! No class will be held on 5/28/13.

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

38163	Tue	Apr 02–Apr 30	18+	7:00–7:50 p.m.
38165	Tue	May 07–Jun 11	18+	7:00–7:50 p.m.
Location: Sports Center at Grijalva Park				
38164	Sat	Apr 06–May 04	18+	10:15–11:05 a.m.
38166	Sat	May 11–Jun 08	18+	10:15–11:05 a.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

37582	Fri	Apr 05–May 03	50+	9:00–10:00 a.m.
37583	Fri	May 10–Jun 07	50+	9:00–10:00 a.m.

Barre Body

8 Weeks, $94

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.

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

37631	Tue	Apr 09–May 28	18+	6:45–7:45 p.m.

Cardio Barre Body

8 Weeks, $94

Get your heart rate up with cardio dance moves at the barre and center floor. Tone with resistance training for full body workout. This class combines cardio ballet and fitness movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging body and mind. Ends in yoga stretches. Bring yoga mat and 2 lb. weights.

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

38206	Thu	Apr 18–Jun 18	18+	6:00–7:00 p.m.

Core Strength Training

5 Weeks, $49

This class combines a full body workout with focus on your core. Working your core can help you maintain muscular balance, improve postural control, strengthen the abdominal and lower back muscles and increase lean muscle mass. Stability balls and weighted medicine balls are used help to improve resistance and improve muscular strength. A mat, stability ball and water are required.

Instructor: OC Body Business Staff **(949) 480-1742**
www.ocbodybusiness.com
Location: Sports Center at Grijalva Park

37711	Wed	Apr 03–May 01	18+	6:15–7:15 p.m.
37712	Wed	May 08–Jun 05	18+	6:15–7:15 p.m.

Zumba®

5 Weeks, $49

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, andtotal 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! No class will be held 5/27/13.

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

38155	Mon	Apr 01–Apr 29	18+	7:15–8:15 p.m.
38157	Thu	Apr 04–May 02	18+	7:15–8:15 p.m.
38156	Mon	May 06–Jun 10	18+	7:15–8:15 p.m.
38158	Thu	May 09–Jun 06	18+	7:15–8:15 p.m.

Location: Sports Center at Grijalva Park

38159	Sat	Apr 06–May 04	18+	9:15–10:15 a.m.
38160	Sat	May 11–Jun 08	18+	9:15–10:15 a.m.

Piloxing®

5 Weeks, $49

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

37974	Wed	Apr 03–May 01	18+	7:15–8:15 p.m.
37975	Wed	May 08–Jun 05	18+	7:15–8:15 p.m.

Family Kickboxing

5 Weeks, $25

Join our fun and exciting Kickboxing workout for the whole family. Learn basic kickboxing techniques and combinations while getting a great fun workout that the kids will love and leave you feeling great. This is a mixed class of children age 6+ and adults. Please bring gloves (MMA, boxing, or Karate gloves are ok).

Instructor: Kris Whittington (714) 654-7558
Location: OC Martial Arts,
3126 E. Chapman Ave., Orange 92869

38280	Sat	Apr 06–May 04	6+	10:45–11:30 a.m.
38281	Sat	May 11–Jun 08	6+	10:45–11:30 a.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.

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

37745	Mon	Apr 01–Apr 22	15+	7:00–7:45 p.m.
37746	Wed	Apr 03–Apr 24	15+	7:00–7:45 p.m.
37747	Mon	Apr 29–May 20	15+	7:00–7:45 p.m.
37748	Wed	May 01–May 22	15+	7:00–7:45 p.m.

Thai Kickboxing

4 Weeks, $44

Take your fitness to a new level. You will lose weight, build muscle 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.

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

38073	Mon	Apr 01–Apr 22	15+	7:45–8:30 p.m.
38074	Wed	Apr 03–Apr 24	15+	7:45–8:30 p.m.
38075	Mon	Apr 29–May 20	15+	7:45–8:30 p.m.
38076	Wed	May 01–May 22	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.

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

37933	Apr 01–Apr 25	18+	
38236	Apr 29–May 23	18+	

Core Pilates Workout

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

37709	Wed	Apr 03–May 01	13+	6:00–7:00 p.m.
37710	Wed	May 08–Jun 05	13+	6:00–7:00 p.m.

Power Pilates Fusion

5 Weeks, $40

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. No class will be held 5/27/13.

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

37978	Mon	Apr 01–Apr 29	18+	7:00–8:00 p.m.
37981	Mon	May 06–Jun 10	18+	7:00–8:00 p.m.

Location: Steve Ambriz Memorial Park Building

37979	Wed	Apr 03–May 01	18+	7:00–8:00 p.m.
37980	Sat	Apr 06–May 04	18+	9:30–10:30 a.m.
38320	Wed	May 08–Jun 05	18+	7:00–8:00 p.m.
38321	Sat	May 11–Jun 08	18+	9:30–10:30 a.m.

Boxing Burn

5 Weeks, $49

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.

Instructor: Kris Whittington **(714) 654-7558**
Location: OC Martial Arts,
3126 E. Chapman Ave., Orange 92869

37659	M/W	Apr 01–May 01	13+	6:15–7:15 p.m.
37660	M/W	May 06–Jun 05	13+	6:15–7:15 p.m.

Tai Chi Chih

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. No class will be held 5/27/13.

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

38032	Mon	Apr 01–Apr 22	18+	6:00–7:00 p.m.
38319	Mon	May 06–Jun 03	18+	6:00–7:00 p.m.

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.

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

37679	Wed	Apr 03–Jun 05	14+	6:00–7:00 p.m.
37678	Sat	Apr 06–Jun 08	14+	8:00–9:00 a.m.

Step Plus Abs

9 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.

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

38017	Mon	Apr 01–Jun 03	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.

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

37763	Tue	Apr 02–Jun 04	14+	6:00–7:00 p.m.
37762	Thu	Apr 04–Jun 06	14+	6:00–7:00 p.m.

Stroller Strides®

5 Weeks, $65

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 5/27/13.

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

38019	T/Th	Apr 02–May 02	18+	9:30–10:30 a.m.
38294	T/Th	May 07–Jun 06	18+	9:30–10:30 a.m.

Stroller Strides with Heather Gregson **(800) 388-0286**
Location: Hart Park Sports Fields

38020	M/W	Apr 01–May 01	18+	9:30–10:30 a.m.
38022	T/Th	Apr 02–May 02	18+	5:00–6:00 p.m.
38021	M/W	May 06–Jun 10	18+	9:30–10:30 a.m.
38295	T/Th	May 07–Jun 06	18+	5:00–6:00 p.m.