### **Cardio Boot Camp™**

#### 4 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.

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

#### **Location: Grijalva Park**

38668	M/W/F	Jun 24-Jul 19	18+	5:30-6:30 a.m.
38669	M/W/F	Jul 29–Aug 23	18+	5:30-6:30 a.m.

### **Cardio Barre Body**

#### 4 Weeks, \$48



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. No class will be held on 7/2/13.

Instruct Location		(714) 389-1933		
38737	Tues	Jun 25-Jul 23	18+	6:00-7:00 p.m.
38738	Tues	Jul 30–Aug 20	18+	6:00-7:00 p.m.
38739	Thu	Aug 1–Aug 22	18+	5:30-6:30 p.m.

### **NEW Adult Soccer Fun Fitness**

#### 8 Weeks, \$135

Through soccer drills, fancy footwork, and time set aside for games, you will enjoy a unique, fun workout. Drills and techniques are designed to teach new players or refresh the experienced player. Anyone wanting to learn the game or get back on the field is encouraged to join. Class is designed for women and men. No class will be held on 7/6 & 7/7/13.

Instruct Location		(714) 227-1286				
38783	Sun	Jun 30–Aug 25	18+	7:00-8:30 p.m.		
Location: Hart Park Field #3						
38784	Sat	Jun 29–Aug 24	18+	8:30-10:00 a.m.		

### **Zumba**®

#### 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 7/4/13.

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

Locatio	n: Senic	or Center		•	
38660	Mon	Jun 24–Jul 15	18+	7:15-8:15 p.m.	
38662	Thu	Jun 20-Jul 18	18+	7:15-8:15 p.m.	
38661	Mon	Jul 29–Aug 19	18+	7:15-8:15 p.m.	
38663	Thu	Aug 02–Aug 22	18+	7:15-8:15 p.m.	
Location: Sports Center at Grijalva Park					
38664	Sat	Jun 22-Jul 13	18+	9:15–10:15 a.m.	
38665	Sat	Jul 27–Aug 17	18+	9:15–10:15 a.m.	
			·		

### **Piloxing**®

#### 4 Weeks, \$39

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! No class will be held on 7/3/13.

Instructor: Gina Abravanel Location: Orange Senior Center				(949) 480-1742
38658	Wed	Jun 19–Jul 17	18+	7:15-8:15 p.m.
38659	Wed	Jul 24–Aug 14	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.

<b>Location</b> 245 N.	n: Frazi	(714) 771-2977		
38909	Mon	Jun 17-Jul 08	15+	7:00-7:45 p.m.
38910	Wed	Jun 19-Jul 10	15+	7:00-7:45 p.m.
38911	Mon	Jul 29–Aug 19	15+	7:00-7:45 p.m.
38912	Wed	Jul 31–Aug 21	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.

Instruct Location 245 N.	n: Frazio	(714) 771-2977		
38914	Mon	Jun 17-Jul 08	15+	7:45-8:30 p.m.
38915	Wed	Jun 19-Jul 10	15+	7:45–8:30 p.m.
38916	Mon	Jul 29–Aug 19	15+	7:45–8:30 p.m.
38917	Wed	Jul 31–Aug 21	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.

Location	or: Orange Karate ( : Orange Karate C Tustin St., Orange	enter,	(714) 538-7620
38686	Jun 17-Jul 16	18+	
38687	Jul 22–Aug 15		

#### 9 Weeks, \$85



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. No class will be held on 7/3/13.

Instruct Location		(714) 478-6261		
38771	Wed	Jun 19–Aug 21	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.

		rtia Fitness Team ts Center at Grijalv	/a Park	(714) 469-8039	
38901	Mon	Jun 17-Jul 15	18+	7:00-8:00 p.m.	
38903	Mon	Jul 22–Aug 19	18+	7:00-8:00 p.m.	
Location: Steve Ambriz Memorial Park Building					
38902	Sat	Jun 22-Jul 20	18+	9:30-10:30 a.m.	
38904	Sat	Jul 27–Aug 24	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.

Instruct	or: Kris	Whittington		(714) 654-7558
Location	n: OC M	lartial Arts,		
3126 E.	. Chapm	an Ave., Orange 9	2869	
38654	M/W	Jun 17-Jul 24	13+	6:15-7:15 p.m.
38655	M/W	Jul 29–Aug 28	13+	6:15-7:15 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 7/4/13.

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

38996	T/Th	Jun 18–Jul 30	18+	9:30-10:30 a.m.
		with Heather Greg Park Sports Fields	•	(800) 388-0286
38689	M/W	Jun 17-Jul 24	18+	9:30-10:30 a.m.
38690	T/Th	Jun 18–Jul 30	18+	5:00-6:00 p.m.

### **Cardio Pump**

#### 9 Weeks, \$44/\*8 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 6/29, 7/3, 8/10/13.

		is Collins ts Center at Grijalv	a Park	(714) 612-9772
*38845	Wed	Jun 19–Aug 21	14+	6:00-7:00 p.m.
38846	Sat	Jun 22–Aug 24	14+	8:00-9:00 a.m.

### **Step Plus Abs**

#### 9 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 8/12/13.

Instruct Location		(714) 612-9772		
38850	Mon	Jun 17–Aug 19	14+	6:00-7:00 p.m.

### **Fitness Party**

#### 10 Weeks, \$39/\*7 Weeks, \$29

A fun low impact cardio and body sculpting workout set to motivating, energetic music. First half of class is cardio, second half is sculpting, toning and stretch. Get ready to have fun getting fit! Bring a set of weights in the 3 to 5 lb. range, a mat and water. Wear good athletic shoes. No class will be held on 6/27, 7/4, & 8/8/13.

Instructor: Chr Location: Oran		(714) 612-9772	
38843 Tue	Jun 18–Aug 20	14+	6:00-7:00 p.m.
*38844 Thu	Jun 20–Aug 22	14+	6:00-7:00 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.

Instruct Location		alberg ts Center at Grijal	va Park	(714) 633-0827
38947	Mon	Jun 17-Jul 08	18+	6:00-7:00 p.m.
38948	Mon	Jul 22–Aug 12	18+	6:00-7:00 p.m.



### **Fitness for Older Adults**

### **Zumba Gold**

on 8/10/13.

### 5 Weeks, \$40 /\*4 Weeks, \$32

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

		ertia Fitness Team orts Center at Grijalv	a Park	(714) 469-8039
38893	Sat	Jun 22-Jul 20	18+	10:15-11:05 a.m.
*38894	Sat	Jul 27–Aug 24	18+	10:15-11:05 a.m.

### NIEWY Yoga 101

#### 6 Weeks, \$60/\*6 Weeks, \$108

This is the PERFECT beginner class if you have never done yoga before and would like to start from the foundation up or need to get back to the basics. Yoga 101 will help you learn the poses and create the correct alignment in your body to enjoy yoga safely.

Location	n: The Y	e Yoga Mat Staff Yoga Mat Studio, , Suite G, Orange	92867	(714) 403-1550
38640	Sat	Jun 22-Jul 27	15+	10:00-11:15 a.m.
*38643	M/W	Jun 17-Jul 22	15+	5:00-6:00 p.m.

### NEWY Yoga Body Sculpt

#### 6 Weeks, \$60

Build strength and stamina while sculpting and toning muscles in this fun and upbeat Vinyasa (linking breath with movement) yoga class. Free weights, resistance bands, and the magic circle will be incorporated into your yoga practice for added intensity.

Locatio	n: The	e Yoga Mat Staff Yoga Mat Studio,		(714) 403-1550
1315 Tu	ustin. S	t., Suite G, Orange	92867	
38645	Tue	Jun 18–Jul 23	18+	6:30-7:30 p.m.

### **NEW** Power Hour Yoga

#### 6 Weeks, \$108

Take an hour out of your crazy day to quiet the mind and strengthen the body. Power Hour Yoga will incorporate a Vinyasa style flow to get you feeling rejuvenated, awakened, refreshed and ready to face your workplace.

	he Yoga Mat Staff e Yoga Mat Studio,		(714) 403-1550
1315 Tustin	St., Suite G, Orange	92867	
38642 T/T	h Jun 25–Aug 01	15+	noon-1:00 p.m.

### **NEW** Detox Flow Yoga

#### 4 Weeks, \$45

Purify your body, mind, and spirit with Detox Flow Yoga. Each day, we are exposed to toxins through the food we eat, the air we breathe, and the products we use. Join this class with guided steps to help you remove the physical and emotional impurities that prevent you from achieving your optimal health. First class will include a short educational segment on cleansing.

	i iustiii s	Tustin St., Suite G, Orang	e 92867
38647 Sun Jun 23–Jul 14 15+ 8:00–9:30	7 Sun	Sun Jun 23-Jul 14	15+

## Adult Fitness/Yoga

Yoga in the Hills is now offering yoga classes in three locations: Sports Center at Grijalva Park, 368 N. Prospect Ave., Orange, 92869; Steve Ambriz Memorial Park, 611 Riverbend Parkway, Orange 92865 and Yoga in the Hills Studio, 7444 E. Chapman Ave., Orange 92869, (714) 289-2248

## **Introduction to Hatha Yoga**

# Center at Critical

### 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	n: Sport	s Center at Grijalva	a Park	
38567	Wed	Jun 19–Aug 07	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							
38554	Mon	Jun 17–Aug 05	18+	6:30-7:40 p.m.			
Location: Yoga in the Hills Studio							
38549	Mon	Jun 17–Aug 05	18+	8:30-9:40 a.m.			
38550	Mon	Jun 17–Aug 05	18+	5:15-6:25 p.m.			
38551	Tue	Jun 18–Aug 06	18+	7:45–8:55 p.m.			
38552	Fri	Jun 21–Aug 09	18+	6:00-7:10 p.m.			
38553	Sat	Jun 22–Aug 10	18+	10:30-11:40 a.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							
38576	Wed	Jun 19–Aug 07	18+	5:15-6:25 p.m.			

### **Therapeutic Yoga**

#### 8 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.

Location: Yoga in the Hills Studio							
38556	Sun	Jun 23–Aug 11	18+	10:45-noon			