Belly Dance

9 Weeks

Experience the graceful and fun moves of Egyptian Belly Dance as you learn to shimmy, hip lift and undualte to exciting Arabic music. Each semester a new choreography will be introduced highlighting different aspects of this fabulous dance with insightful connections to its cultural base. No class will be held on 10/31/13.

		iena viale fer Park Building	sacreddancer2@gmaii.com			
Introdu	ctory \$	65				
39521	Thu	Sep 12-Nov 14	8+	6:45-8:15 p.m.		
Compre	hensive	e \$85				
39522	Thu	Sep 12-Nov 14	8+	6:45–9:15 p.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 fitness levels are welcome.

Instructor: Inertia Fitness Team Location: Sports Center at Grijalva Park				(714) 469-8039
39519	Sat	Sep 14-0ct 26	18+	11:00-11:55 a.m.
39520	Sat	Nov 02-Dec 14	18+	11:00-11:55 a.m.



Dancing in the Hills – Yoga Studio 7444 E. Chapman Ave., Orange 92869 All Courses 4 Weeks, \$39 Each (714) 289-2248

Learn dance basics in a non-intimidating dance environment at our beautiful yoga studio nestled on a hill. Dancers of all skill levels, singles and couples are welcome to join; please wear soft-soled shoes.

Salsa &	Cha Cl	na		
40168	Sat	Sep 14-0ct 05	18+	2:00-3:00 p.m.
Argentii	ne Tang	(0		
39456	Mon	Sep 09–Sep 30	18+	8:00-9:00 p.m.
40167	Sat	Sep 14-0ct 05	18+	1:00-2:00 p.m.

Phill's Ballroom Dance Studio 940 W. Chapman Ave., Orange 92866 All Courses 4 Weeks, \$39 Each (714) 744-6015

Swing, foxtrot & cha-cha are the most popular dances at any venue. Learn the basic patterns focusing on lead/follow, timing, and styling that will get you dancing in a hurry. Class has a lead instructor and assistant instructors to offer help if needed. Enrollment can be used for intermediate & advance classes.

Beginni	ng Slow	Dance				
39936	Mon	Sep 30-0ct 21	13+	7:00-8:00 p.m.		
Beginni	ng Rum	ba				
39517	Mon	Sep 09-Sep 30	13+	7:00–8:00 p.m.		
Beginni	Beginning Waltz					
40084	Mon	Sep 09-Sep 30	13+	8:00-9:00 p.m.		
Beginni	ng Cha-	Cha				
39506	Mon	Sep 30-0ct 21	13+	8:00-9:00 p.m.		
West Co	West Coast Swing					
39967	Mon	Oct 28-Nov 25	13+	7:00-8:00 p.m.		
Beginning Tango						
39518	Mon	Oct 28-Nov 25	13+	8:00-9:00 p.m.		

Adult Dance/Adult Fitness

NEWY Beginner Salsa Boot Camp Workshop

1 Day, \$29

In this afternoon workshop you will explore the basic steps and patterns to get you on the dance floor quickly. Join others in a casual and supportive learning environment. No partner necessary. Wear soft soled shoes and come feel the Latin rhythms of Salsa.

Instruct Location		tudio	(714) 289-2248	
7444 E.	. Chapr	man Ave., Oran	ige 92869	
40214	Sat	Sep 09	18+	1:00-4:00 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, Bachata, and Merengue. You will learn the essentials such as timing, rhythm, leading, following, posture, framing, hand placement, and much more. No class will be held on 11/29/13.

		omas Olivera ve Park Building	(562) 673-2945	
Beginni	ng			
39916	Fri	Sep 13–0ct 04	14+	7:00–8:00 p.m.
39917	Fri	Oct 11-Nov 01	14+	7:00–8:00 p.m.
39920	Fri	Nov 15-Dec 13	14+	7:00–8:00 p.m.
Interme	diate			
39918	Fri	Sep 13–0ct 04	14+	8:00-9:00 p.m.
39919	Fri	Oct 11-Nov 01	14+	8:00-9:00 p.m.
39921	Fri	Nov 15-Dec 13	14+	8:00-9:00 p.m.

NEW Boogie Box Fitness

8 Weeks, \$89

Boogie Box combines cardio and strength training under the guise of the groove. It's an innovative fusion of sports endurance drills, martial arts, Latin and hip hop dance, plyometrics and resistance training all rolled into one ultra effective hour of power endurance training. This methodology uses new ground breaking methods of AMR (applied muscle resistance) and RSL (rotational, swivel, lateral) patterns. Join the fun, burn calories and bring water. Visit www.OCDanceproductions.com for more information. No class will be held on 10/31/13.

Instruct Location		(714) 389-1933		
40251	Thu	Sep 26-Nov 21	18+	6:00-7:00 p.m.



For general information about any of our classes, please call (714) 744-7274 or visit us online at www.cityoforange.org



Cardio Boot Camp™

6 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.

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

Location: Grijalva Park

39564	M/W/F	Sep 16-Oct 25	18+	5:30-6:30 a.m.
40162	M/W/F	Nov 04-Dec 13	18+	5:30-6:30 a.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.

Instructor: Fabian Grassini Location: Hart Park Field #3				(714) 227-1286
40211	Sat	Oct 05-Nov 23	18+	8:30-10:00 a.m.