

# Adult-Teen Classes

## AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation (equipment is available for purchase from instructor). No class Mondays, Jan 18 and Feb 15.

City Gym Pool				Lowry, Dawnette
4314.101	16yrs to Adult	1/11 - 3/15	8:15am-9:25am	M \$73
4314.102	16yrs to Adult	1/13 - 3/17	8:15am-9:25am	W \$89
4314.103	16yrs to Adult	1/15 - 3/19	6:45am-8:00am	F \$89

## AQUATIC EXERCISE: AQUA AEROBICS

The fitness class for everyone. Maximum workout with little to no impact on joints. Promoting strength and cardiovascular endurance while utilizing the added resistance of water. Water workouts can burn twice the calories as land workouts! Enjoy the outdoors in a comfortably heated 82 degree pool. No swimming ability required. Classes held at HB High School Outdoor Pool.

Huntington High				Pointer, Kelly
4309.101	12yrs to Adult	1/12 - 3/16	6:30pm-7:30pm	Tu \$75
4309.102	12yrs to Adult	1/14 - 3/18	6:30pm-7:30pm	Th \$75
4309.103	12yrs to Adult	1/12 - 3/18	6:30pm-7:30pm	Tu Th \$140

## AQUATIC EXERCISE: AQUA-EVENING AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance. Join our Aqua-Team for one hour. Workout using Hydro-Tone's Water Weights in this wonderful strength training class. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability.

City Gym Pool				Lowry, Dawnette
4311.101	16yrs to Adult	1/15 - 3/19	5:30pm-6:30pm	F \$70

## AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class Mondays, Jan 18 and Feb 15.

City Gym Pool				Lowry, Dawnette
4312.101	16yrs to Adult	1/11 - 3/17	7:00am-8:00am	M W \$122
4312.102	16yrs to Adult	1/12 - 3/18	7:00am-8:00am	Tu Th \$135
4312.103	16yrs to Adult	1/12 - 3/18	8:20am-9:20am	Tu Th \$135
4312.104	16yrs to Adult	1/11 - 3/01	7:00am-8:00am	M \$58
4312.105	16yrs to Adult	1/13 - 3/17	7:00am-8:00am	W \$70
4312.106	16yrs to Adult	1/15 - 3/19	8:20am-9:20am	F \$70
4312.107	16yrs to Adult	1/16 - 3/20	7:00am-8:00am	Sa \$70

## AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Mondays, Jan 18 and Feb 15.

City Gym Pool				Zschach, Alicia
4310.101	12yrs to Adult	1/11 - 3/15	5:30pm-6:30pm	M \$61
4310.102	12yrs to Adult	1/13 - 3/17	5:30pm-6:30pm	W \$75
4310.103	12yrs to Adult	1/11 - 3/17	5:30pm-6:30pm	M W \$131

## AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

City Gym Pool				Thurn, Debra
4313.101	Adult	1/15 - 3/19	11:15am-12:00pm	F \$70

## AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required. No class Mondays, Jan 18 and Feb 15.

City Gym Pool				Thurn, Debra
4315.101	Adult	1/11 - 2/12	12:15pm-1:15pm	M W F \$96
4315.102	Adult	2/17 - 3/19	12:15pm-1:15pm	M W F \$96
4315.103	Adult	1/12 - 2/11	12:30pm-1:30pm	Tu Th \$70
4315.104	Adult	2/18 - 3/18	12:30pm-1:30pm	Tu Th \$70

## AQUATIC THERAPY: AQUATHERAPY

Aquatic therapy is designed for those with physical therapy needs. This class is taught by a licensed physical therapy assistant and is not to replace your regular therapy. Performed in the deep end to meet your rehab needs. Floatation belts are required and are available for purchase from the instructor. No class Mondays Jan 18 and Feb 15.

City Gym Pool				Thurn, Debra
4316.101	Adult	1/11 - 2/12	1:15pm-2:15pm	M W F \$110
4316.102	Adult	2/17 - 3/19	1:15pm-2:15pm	M W F \$110

## ART ACRYLIC PAINTING - THE BASICS I AND II

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Multipurpose				Staff
4301.102	Adult	1/14 - 3/04	4:30pm-6:00pm	Th \$90*
				\$80 HBAC members*

## ART: ACRYLIC PAINTING - THE BASICS

4300.101	Adult	1/16 - 3/06	2:30pm-4:30 pm	Sa \$90*
				\$80 HBAC members*

## ART: BEGINNING DIGITAL PHOTOGRAPHY

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter.

Art Center Multipurpose				Weston, Kurt
4304.101	16yrs to Adult	1/15 - 2/19	3:30pm-5:30pm	F \$85*
				\$75 HBAC members*

## ART: BEGINNING/INTERMEDIATE WATERCOLOR

For beginning to advanced watercolorists who wish to create watercolor paintings. Class focuses on skills and techniques at all levels. Students will use professional watercolors. This class is so popular we offer it on two different days - pick the one that works for you. Materials list.

Art Center Studio				LoSchiavo, Diana
4308.101	Adult	1/12 - 3/02	10:00am-1:00pm	Tu \$105*
4308.102	Adult	1/15 - 3/05	12:00pm-3:00pm	F \$105*
				\$95 HBAC members*

# Adult-Teen Classes

## ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not included.

RSC Hall D  
 4322.101 Adult 1/15 - 2/12 1:30pm-3:30pm F \$55  
 4322.102 Adult 2/19 - 3/19 1:30pm-3:30pm F \$55

Wong, Diana

## ART: DRAWING & PAINTING

Maximize your time! This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Art Center Studio  
 4302.101 12yrs to Adult 1/12 - 2/16 6:00pm-7:30pm Tu \$85\*  
 \$75 HBAC members\*

Kent, Pati

## ART: INTERMEDIATE DIGITAL PHOTOGRAPHY

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose  
 4305.102 16yrs to Adult 1/15 - 2/19 1:30pm-3:30pm F \$85\*  
 \$75 HBAC members\*

Weston, Kurt

## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$10 due at first class.

RSC Hall E  
 4396.101 Adult 1/13 - 3/17 9:00am-10:00am W \$50

Husting, Margaret

Murdy Community Center Hall C&D  
 4395.101 13yrs to Adult 1/14 - 3/18 1:00pm-2:00pm Th \$50

Husting, Margaret

## ART: SCULPTURE PART 1

Students will be introduced to three dimensional design using recycled materials, found objects and mold casting. Students should be mature enough to handle hot glue guns, possibly nail and or epoxy glues, and x-acto blades. Students should bring one wooden panel to the first class. No class on Feb 6 and Feb 20.

Art Center Multipurpose  
 4307.101 13yrs to Adult 1/16 - 3/20 2:30pm-4:00pm Sa \$90\*  
 \$80 HBAC members\*

Jacka, Robert

## BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "The Quality of Mercy" by Faye Kellerman before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets Feb. 10, Mar 10, April 14 and May 12.

RSC Hall D  
 4317.101 Adult 2/10 - 05/12 7:00pm-9:00pm W \$30

Berg, April

## BRIDGE, BEGINNING

American standard bridge will be taught. Five card major. Rules by Goren. The class will consist of lecture, discussion and play. This class is for adults who are new to bridge or who wish a review. You do not need a partner. No class Jan 18 or Feb 15

RSC Hall E  
 4318.101 Adult 1/11 - 3/15 2:00pm-4:00pm M \$50

Spira, Rita

## BRIDGE, INTERMEDIATE 1

This class is for those who are more than beginners but less than experts. Learn new conventions and review old ones. The course will consist of lecture, discussion and play. You do not need a partner. This class is now being offered in the evening as well as the afternoon.

RSC Hall E  
 4319.101 Adult 1/12 - 3/02 2:30pm-4:30pm Tu \$50  
 4319.102 Adult 1/12 - 3/02 6:30pm-8:30pm Tu \$50

Spira, Rita

## BRIDGE, INTERMEDIATE 2

In order to take this class you must have taken Intermediate Bridge 1.

RSC Hall E  
 4320.101 Adult 1/13 - 3/03 6:30pm-8:30pm W \$50

Spira, Rita

## CAKE DECORATING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C  
**BEGINNING**  
 4321.100 13yrs to Adult 1/12 - 2/02 6:00pm-8:00pm Tu \$50  
 4321.101 13yrs to Adult 2/09 - 3/02 6:00pm-8:00pm Tu \$50  
 4321.102 13yrs to Adult 1/19 - 2/09 10:30am-12:30pm Tu \$50

Mejia, Helen

**INTERMEDIATE**  
 4321.103 13yrs to Adult 2/10 - 3/03 6:00pm-8:00pm W \$50

**ADVANCED**  
 4321.104 13yrs to Adult 2/11 - 3/04 6:00pm-8:00pm Th \$50

## CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different style of single/multiple strands. Material fee of \$30 due at first class.

Murdy Community Center Hall D  
 4323.100 Adult 1/12 - 2/02 6:00pm-8:30pm Tu \$74

Tran, Vinh

## CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. Material fee of \$30 due at first class. Tools are required. Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Murdy Community Center Hall D  
 4324.100 Adult 2/23 - 3/16 6:00pm-8:30pm Tu \$74

Tran, Vinh

# Adult-Teen Classes

## DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free. Come try it out.

16601 Gothard St., HB Huntington Academy of Dance  
**4327.101 13yrs to Adult 1/13 - 3/17 7:30pm-8:30pm W \$99**

City Gym Room A Huntington Academy of Dance  
**4326.101 13yrs to Adult 1/11 - 3/15 6:30pm-7:30pm M \$80**

## DANCE: ART OF INDIAN DANCING

Bhangra, Bollywood, and Beyond. Have loads of fun as you learn to dance like the stars of Bollywood movies! Each class covers the basics of different styles of Indian dancing including bhangra, bollywood, garba, dandia and semiclassical dance forms. Sessions get more exciting as you learn specially choreographed dance numbers.

City Gym Room A Idnani, Sunita  
**4332.101 12yrs to Adult 2/11 - 3/18 7:15pm-8:15pm Th \$79**

## DANCE: BALLROOM & SWING COMBO

Session 1: Waltz & East Coast Swing (pattern C) Session 2: Foxtrot & East Coast Swing (pattern D) These dances are danced to classic and contemporary music played at nightclubs, parties, weddings and cruises. Great for all kinds of gatherings and nightclubs. No partner required. No class Jan. 18 and Feb. 15

Edison Community Center Hall A Fox, Kaylaa  
**4328.100 Adult 1/11 - 2/08 7:00pm-8:00pm M \$48**  
**4328.101 Adult 2/22 - 3/15 7:00pm-8:00pm M \$48**

## DANCE: BEGINNING JAZZ DANCE FOR ADULTS

Learn basic jazz dance movement in a fun, relaxed environment. A routine will be taught that makes the class fun and exciting.

RSC Hall D Roseth, Renee  
**4331.101 Adult 1/05 - 3/23 7:00pm-8:00pm Tu \$130**

## DANCE: BELLY DANCING

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence. No class Jan. 18, Feb. 15

Murdy Community Center Hall C&D Eckart, Maruja  
**BEGINNING**  
**4329.100 13yrs to Adult 1/11 - 3/01 7:00pm-8:00pm M \$60**

**INTERMEDIATE**  
**4329.101 13yrs to Adult 1/11 - 3/01 8:00pm-9:00pm M \$60**

City Gym Room A Eckart, Maruja  
**4330.101 13yrs to Adult 1/19 - 2/23 7:00pm-8:00pm Tu \$60**

## DANCE: POLYNESIAN DANCE BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands. Class fills quickly. Pre-registration is required.

Art Center Multipurpose Seanoa, Melody  
**4333.101 13yrs to Adult 1/12 - 3/02 6:00pm-7:00pm Tu \$75\***  
**4333.103 13yrs to Adult 1/12 - 3/02 10:00am-11:00am Tu \$75\***  
**\$65 HBAC members\***

## DANCE: POLYNESIAN DANCE INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose Seanoa, Melody  
**4334.101 13yrs to Adult 1/12 - 3/02 7:00pm-8:00pm Tu \$75\***  
**\$65 HBAC members\***

## DANCE: SALSA & LATIN COMBO

Session 1: Salsa (pattern A) and Bachata Session 2: Salsa (pattern B) and Argentine Tango Have fun dancing and socializing in Salsa, Bachata, and Argentine Tango, the hottest dances in today's club & party scene. Meet people and learn great patterns and moves. Partners not needed. No class Jan. 18 and Feb. 15

Edison Community Center Hall A Fox, Kaylaa  
**4336.100 Adult 1/11 - 2/08 8:00pm-9:00pm M \$48**  
**4336.101 Adult 2/22 - 3/15 8:00pm-9:00pm M \$48**

## DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary.

Murdy Community Center Hall A Fox, Kaylaa  
**4337.100 Adult 1/14 - 2/04 8:00pm-9:00pm Th \$48**  
**4337.101 Adult 2/11 - 3/04 8:00pm-9:00pm Th \$48**

## DANCE: SALSA, CHA CHA AND MERENGUE

Salsa, Cha Cha and Merengue, the hot and spicy dances, let you move to the Latin rhythms in today's club and party scene. Meet people, socialize, and learn great patterns and moves. No partner necessary.

Murdy Community Center Hall A Fox, Kaylaa  
**4335.100 Adult 1/14 - 2/04 7:00pm-8:00pm Th \$48**  
**4335.101 Adult 2/11 - 3/04 7:00pm-8:00pm Th \$48**

## DANCE: STREET DANCIN' PLUS

Enjoy a high-energy workout with the hottest pop and hip hop beats! For developmentally disabled pre-teens, teens, and young adults. This class incorporates a variety of styles of dance and music as well as self-esteem boosting exercises and games. Activities might also include karaoke style singing fun or sign language to music. Parents of new students please plan to stay and observe the first day to determine if your supervision is required.

City Gym Room A Harrington-Dewe, Cyndi  
**4427.101 12yrs to Adult 1/27 - 3/03 5:00pm-6:00pm W \$47**

## DANCE: STREET DANCIN'

Enjoy a high-energy workout with the hottest pop and hip-hop beats! Learn to shake it like P.C.D. and Britney. DJ sound system and colored lights create a night-club like atmosphere, Water bottle recommended. Tennis or jazz shoes, clothes you can move and stretch in. No class Monday Feb 15.

City Gym Room A Harrington-Dewe, Cyndi  
**4338.101 12 yrs to Adult 1/25 - 3/08 7:45pm-8:45pm M \$47**  
**4338.102 12yrs to Adult 1/27 - 3/03 6:45pm-7:45pm W \$47**

## DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D Fox, Kaylaa  
**4341.100 Adult 1/21 - 2/18 7:15pm-8:15pm Th \$50**  
**4341.101 Adult 2/25 - 3/25 7:15pm-8:15pm Th \$50**

# Adult-Teen Classes

## DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends! Never the same class twice. No partner necessary. See why this joint is jumping!

Murdy Community Center Hall C&D Fox, Kaylaa  
**4339.100 Adult 1/21 - 2/18 8:15pm-9:15pm Th \$50**  
**4339.101 Adult 2/25 - 3/25 8:15pm-9:15pm Th \$50**

## DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D Fox, Kaylaa  
**4340.100 Adult 1/14 - 2/11 6:15pm-7:15pm Th \$50**  
**4340.101 Adult 2/18 - 3/18 6:15pm-7:15pm Th \$50**

## DANCE: TAP DANCE FOR ADULTS & SENIORS-BEGINNING

Learn all the tap basics and get some exercise the fun way! New friends, great music and a beginner routine will make this class fun. Tap shoes optional. Some tap knowledge required.

RSC Hall D Roseth, Renee  
**4342.101 Adult 1/04 - 3/22 6:00pm-7:00pm M \$130**  
**4342.102 Adult 1/06 - 3/24 2:00pm-3:00pm W \$130**  
**4342.103 Adult 1/07 - 3/25 6:00pm-7:00pm Th \$130**

## DANCE: TAP DANCE FOR ADULTS & SENIORS-INTERMEDIATE

Sharpen your technique and learn some great dances! Focus will be on rhythm and performance skills. Prerequisite: Basic tap knowledge.

RSC Hall D Roseth, Renee  
**4343.101 Adult 1/05 - 3/23 6:00pm-7:00pm Tu \$130**  
**4343.102 Adult 1/06 - 3/24 3:00pm-4:00pm W \$130**

## DOG OBEDIENCE: IN HOME

A private, one-on-one training course in the privacy of your home. A trainer with Hacienda Hills Obedience Club will be scheduled to meet with you once a week for three weeks at a time convenient to your busy schedule. Includes basic obedience commands and personalized help with correcting bad habits. This class is for dogs 2 months to 7 yrs.

To be announced Dog Services  
**4348.101 Adult \$230**

## DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

Is YOUR dog a good citizen when he's out in public? If he knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call 714 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Edison Community Center Patio Dog Services  
**4344.100 9yrs to Adult 2/23 - 3/02 8:30pm-9:30pm Tu \$23**

## DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Murdy Community Center Patio Dog Services  
**4345.100 9yrs to Adult 1/28 - 3/18 7:00pm-8:00pm Th \$79**

Edison Community Center Patio Dog Services  
**4346.100 9yrs to Adult 1/12 - 3/02 7:30pm-8:30pm Tu \$79**  
**4346.101 9yrs to Adult 2/03 - 3/24 6:00pm-7:00pm W \$79**

## DOG TRAINING: BEGINNING FLYBALL

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. Class will be held in Central Park, next to Dog Park at Edwards.

Central Park East Haney, Kathy  
**4421.101 All ages 1/16 - 2/27 9:00am-10:00am Sa \$76**

## DOG TRAINING: CALLING ALL FRISBEE DOGS

Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. Material fee of \$5. due at first class (includes a Frisbee). Pre-registration is required.

Adjacent to Dog Park Dog Services  
**4347.101 15yrs to Adult 1/24 9:30am-12:30pm Su \$39**

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

A fast-paced course for people who need to accomplish their training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older. Vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Murdy Community Center Patio Dog Services  
**4352.100 9yrs to Adult 2/22 - 3/15 6:00pm-7:20pm M \$69**

## DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Edison Community Center Dog Services  
**4349.100 9yrs to Adult 1/12 - 2/16 6:30pm-7:30pm Tu \$68**

Murdy Community Center Patio Dog Services  
**4350.100 9yrs to Adult 1/28 - 3/04 8:00pm-9:00pm Th \$68**

## DOG TRAINING: REFRESHER AND DRILL WORKSHOP

If your dog has been through a basic obedience course and needs a refresher class this course offers five weeks of intensive practice and drill on all your novice obedience exercises! A good practice course for anyone preparing to take the A.K.C. Good Citizen certification test. Bring dog with training equipment to all meetings.

Murdy Community Center Patio Dog Services  
**4351.100 9yrs to Adult 2/11 - 3/11 6:00pm-7:00pm Th \$61**

# Adult-Teen Classes

## FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$75 fee up to 3 family members, \$4 per extra for Tuesday or Thursday class. \$95 fee up to 3 family members, \$5 per extra for Tuesday AND Thursday class.

RSC Hall B			Cardinal, Frances		
4386.101	3yrs to Adult	1/05 - 3/23	5:00pm-6:00pm	Tu	\$75
4386.102	3yrs to Adult	1/07 - 3/25	5:00pm-6:00pm	Th	\$75
4386.103	3yrs to Adult	1/05 - 3/25	5:00pm-6:00pm	Tu Th	\$95

## FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdu Community Center Hall A			Orange Coast, Fencing		
4354.100	14yrs to Adult	1/13 - 2/03	7:15pm-8:15pm	W	\$45
4354.101	14yrs to Adult	2/10 - 3/03	7:15pm-8:15pm	W	\$45
4354.102	14yrs to Adult	3/10 - 3/31	7:15pm-8:15pm	W	\$45

## FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork.

Murdu Community Center Hall A			Orange Coast, Fencing		
4355.100	14yrs to Adult	1/13 - 2/03	8:15pm-9:15pm	W	\$45
4355.101	14yrs to Adult	2/10 - 3/03	8:15pm-9:15pm	W	\$45
4355.102	14yrs to Adult	3/10 - 3/31	8:15pm-9:15pm	W	\$45

## FITNESS: AEROBIC DANCE FOR SENIORS - ZUMBA GOLD

It's different, fun and effective! Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout - join the party! \$8 one day drop-in fee for any class.

RSC Hall B			Foreman, Jill		
4373.101	Adult	1/16 - 2/13	9:00am-9:50am	Sa	\$30
4373.102	Adult	2/20 - 3/20	9:00am-9:50am	Sa	\$30
4373.103	Adult	1/16 - 3/20	9:00am-9:50am	Sa	\$55

## FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall C&D			Fitness Specialties		
4357.100	13yrs to Adult	1/14 - 3/18	6:15pm-7:15pm	Th	\$60

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall A			Fitness Specialties		
4358.100	13yrs to Adult	1/12 - 3/16	5:45pm-6:45pm	Tu	\$60

## FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for the beginner-to-intermediate level exercisers. Bring good running shoes, a mat, light hand weights, and water.

Murdu Community Center Picnic #1			Abravanel, Gina		
4416.100	18yrs to 60yrs	1/11 - 2/05	5:30am-6:30am	M W F	\$120
4416.101	18yrs to 60yrs	2/22 - 3/19	5:30am-6:30am	M W F	\$120

Edison Com. Center Picnic #1			Abravanel, Gina		
4419.100	18yrs to 60yrs	1/11 - 2/05	5:30am-6:30am	M W F	\$120
4419.101	18yrs to 60yrs	2/22 - 3/19	5:30am-6:30am	M W F	\$120

## FITNESS: CORE STRENGTH TRAINING

Core Strength Training is an indoor group class that combines a full body workout with a 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. A mat, stability ball, and water required.

Murdu Community Center Hall A			Abravanel, Gina		
4425.100	18yrs to 60yrs	1/14 - 2/04	7:15am-8:15am	Th	\$49
4425.101	18yrs to 60yrs	2/25 - 3/18	7:15am-8:15am	Th	\$49

## FITNESS: FIRING HIPS/STEPPING FOR THE HEART COMBO

See "Fitness: Firming for Hips and Thighs" and "Fitness: Stepping for the Heart" for individual descriptions.

Murdu Community Center Hall A			Fitness Specialties		
4424.100	13yrs to Adult	1/11 - 3/05	8:30am-10:00am	M W F	\$90

## FITNESS: FIRING FOR HIPS AND THIGHS

Target your hips and thighs with the latest equipment and techniques, different sizes of hand weights and resistance bands. Exercises are safe and emphasize injury prevention working all muscle groups for a total body workout. Bring mat. \*Take Firming Hips and Step together and save. No class Jan. 18 and Feb. 15

Murdu Community Center Hall A			Fitness Specialties		
4363.100	13yrs to Adult	1/11 - 3/05	8:30am-9:15am	M W F	\$72

## FITNESS: STEPPING FOR THE HEART

This class raises your heart rate by stepping up and down 4 - 10 inch steps. It is easy to follow safe exercises, and effectively burns fat while strengthening your heart. Different size steps are provided for beginners through advanced levels. \*Take both Step and Firming Hips classes together and save! No class Jan. 18th and Feb. 15th.

Murdu Community Center Hall A			Fitness Specialties		
4370.100	13yrs to Adult	1/11 - 3/05	9:15am-10:00am	M W F	\$72

## FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am. Walk-ins welcome, \$10. Registration is accepted in person at any time. Eight-week expiration for 10 classes and 4 classes.

City Gym Gymnasium			Wilker, Mary		
4364.101	13yrs to Adult		Monthly Pass		\$40
4364.102	13yrs to Adult		10 Classes		\$55
4364.103	13yrs to Adult		4 Classes		\$25

# Adult-Teen Classes

## FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Murdy Community Center Hall A Fitness Specialties  
**4360.100 13yrs to Adult 1/12 - 3/16 7:15pm-8:15pm Tu \$60**

## FITNESS SPECIALTIES

Edison Community Center Hall A  
**4361.100 13yrs to Adult 1/13 - 3/17 7:15pm-8:15pm W \$60**

## FITNESS: KICKBOXING AEROBICS - BEGINNING

For the Beginner. This introductory class, taught by a black belt instructor, concentrates on correct form, proper movement and safety issues to help prevent injuries. It is perfect for someone interested in a new form of exercise. Punching bags and hand mitts provided.

Edison Community Center Hall A Fitness Specialties  
**4362.100 13yrs to Adult 1/12 - 3/16 7:00pm-7:45pm Tu \$60**

## FITNESS: KICKBOXING BODY CONDITIONING

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Edison Community Center Hall C&D Fitness Specialties  
**4359.100 13yrs to Adult 1/14 - 3/18 7:15pm-8:15pm Th \$60**

## FITNESS: PILATES MAT CLASS

A rejuvenating class that will strengthen your core and combat those trouble zones. Pilates will improve flexibility, posture, coordination and body awareness. Great for all levels and abilities. Come see why so many people are turning to Pilates. Bring an exercise mat. No class Jan. 18

Edison Community Center Hall B HB Pilates  
**4365.100 Adult 1/12 - 3/02 10:00am-11:00am Tu \$88**  
**4365.101 Adult 1/11 - 3/08 6:30pm-7:30pm M \$88**

City Gym Room B HB Pilates  
**4366.101 Adult 1/13 - 3/03 10:00am-11:00am W \$88**

## FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. No class Jan. 18 and Feb. 15

Edison Community Center Hall A Spidle, Georgia  
**4367.100 13yrs to Adult 1/11 - 3/12 9:00am-10:00am M W F \$75**

Murdy Community Center Hall A Spidle, Georgia  
**4368.100 13yrs to Adult 1/12 - 3/18 9:00am-10:00am Tu Th \$70**

## FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Edison Community Center Hall A Fitness Specialties  
**4369.100 13yrs to Adult 1/12 - 3/11 8:45am-9:45am Tu Th \$70**

## FITNESS: STEP TRAINING-STEP, WEIGHTS, FLOOR & MORE

It's sweeping the country! Research proves step aerobics are high calorie burning and less stress on ankles and joints than low-impact aerobics. Steps range from 4-10 inches accommodating beginner through advanced. Fun and motivating followed with light weights for total workout.

Edison Community Center Hall A Fitness Specialties  
**4371.100 13yrs to Adult 1/11 - 3/05 5:15pm-6:15pm M W F \$84**  
**4371.101 13yrs to Adult 1/16 - 3/06 8:30am-9:30am Sa \$39**

## FITNESS: TOTAL BODY STRETCH

Everyone, regardless of age or fitness level, can benefit from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed and can even prevent injuries. Bring an exercise mat and a towel and prepare to stretch, relax, and renew. No class Jan. 18 or Feb. 15.

RSC Hall A & B Paul, Sue  
**4372.101 Adult 1/11 - 3/15 5:30pm-6:30pm M \$49**

## FREE YOUR MIND

This class gives us tools to reduce stress and clear our minds, allowing us to live in the moment. Learn how to quickly release thoughts and feelings that cause anxiety, tension, grief, depression, fear, anger, etc., thus opening the way to peace and harmony.

RSC Hall C Caldwell, Sunny  
**4375.101 Adult 1/07 - 1/28 6:30pm-8:00pm Th \$35**  
**4375.102 Adult 3/04 - 3/25 6:30pm-8:00pm Th \$35**

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 12 students. Class Taught by Darren Ernst.

Meadowlark Golf Course Meadowlark Golf Course staff  
**4377.101 17yrs to Adult 1/14 - 2/04 6:00pm-7:30pm Th \$125**  
**4377.102 17yrs to Adult 2/25 - 3/18 6:00pm-7:30pm Th \$125**  
**4377.103 17yrs to Adult 1/16 - 2/06 10:00am-11:30am Sa \$125**  
**4377.104 17yrs to Adult 2/27 - 3/20 10:00am-11:30am Sa \$125**

## ITALIAN: SPEAK ITALIAN NOW

The purpose of this course is to give you immediate Italian speaking ability. Learning another language is a lot easier and more fun than you might think. Learn an Italian vocabulary that you will find useful in everyday situations so you can begin to talk to Italian speakers. No class Jan 18 or Feb 15.

RSC Hall C Duca, Elisabetta  
**4380.101 Adult 1/11 - 3/22 9:00am-10:00am M \$99**  
**4380.102 Adult 1/11 - 3/22 5:00pm-6:00pm M \$99**  
**4380.103 Adult 1/11 - 3/22 6:00pm-7:00pm M \$99**  
**4380.104 Adult 1/11 - 3/22 7:00pm-8:00pm M \$99**  
**4380.105 Adult 1/15 - 3/19 2:00pm-3:00pm F \$110**

## KARATE

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor.

City Gym Room B Tillehkooh, Kiavash  
**4381.101 13yrs to Adult 1/11 - 3/15 7:15pm-8:00pm M \$78**  
**4381.102 13yrs to Adult 1/12 - 3/16 7:15pm-8:00pm Tu \$97**  
**4381.103 13yrs to Adult 1/13 - 3/17 7:15pm-8:00pm W \$97**  
**4381.104 13yrs to Adult 1/14 - 3/18 7:15pm-8:00pm Th \$97**

# Adult-Teen Classes

## KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Edison Community Center Hall A  
Wadoryu USA Inc,  
Shoji Nishimura  
4383.100 13yrs to Adult 1/14 - 3/18 7:30pm-8:45pm Th \$95

## KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Murdy Community Center Hall B  
Fitness Specialties  
4382.100 13yrs to Adult 1/12 - 3/16 6:45pm-7:45pm Tu \$60  
4382.101 13yrs to Adult 1/13 - 3/17 6:00pm-7:00pm W \$60

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. One class per week, \$65 fee up to 3 family members, \$4 per extra; two classes per week, \$120 fee up to 3 family members, \$5 per extra; three times per week, \$140 up to 3 family members, \$5 per extra.

RSC Hall B  
Cardinal, Frances  
4385.101 Adult 1/05 - 3/23 6:00pm-7:30pm Tu \$65  
4385.102 Adult 1/07 - 3/25 6:00pm-7:30pm Th \$65  
4385.103 Adult 1/05 - 3/25 6:00pm-7:30pm Tu Th \$120  
4385.104 Adult 1/16 - 3/27 9:30am-11:30am Sa \$65  
4385.105 Adult 1/05 - 3/27 Tu Th or Sa \$120  
4385.106 Adult 1/05 - 3/27 Tu Th and Sa \$140

## MUSIC: GROUP VOICE CLASSES

Become the next Huntington Beach's American Idol! Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. Material fee of \$25. due at first class. Class taught at Harbor View Clubhouse, 16600 Saybrook Lane, 92649.

Harbour View Clubhouse  
Kids Music in Motion staff  
4389.101 13yrs to 18yrs 1/11 - 3/01 5:45pm-6:30pm M \$100

## MUSIC: ROCKSTAR GUITAR ADULT I

Enjoy "Air Guitar" already! It's time to start learning how to play the music you grew up listening to. This beginners only class will teach you rhythm and lead guitar. Learn chords, scales, and theory. Also, learn how to recognize patterns when listening to music. \*Please bring your own guitar and see receipt for materials list. Class will be held at Rockstars Music Studios, 18582 Beach Bl. #214.

Rockstars Music Studios  
Staff  
4387.101 13yrs to Adult 1/09 - 1/30 9:30am-11:30am Sa \$55  
4387.102 13yrs to Adult 2/06 - 2/27 9:30am-11:30am Sa \$55

## MUSIC: UKULELE 101 - A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No morning class Feb. 2 and Mar 2.

RSC Hall E  
Price, Don  
4390.101 Adult 1/12 - 3/09 9:30am-10:30am Tu \$45  
4390.102 Adult 1/12 - 2/23 6:00pm-7:00pm Tu \$45

## MUSIC: UKULELE 102 - THE NEXT STEP

This class is for players who know basic chords and strumming techniques. Students will enhance their playing and musical ability. Learn additional class songs and chord patterns, intros and endings. No morning class Feb 2 and Mar 2.

RSC Hall E  
Price, Don  
4391.101 Adult 1/12 - 3/09 10:45am-11:45am Tu \$45  
4391.102 Adult 1/12 - 2/23 7:00pm-8:00pm Tu \$45

## MUSIC: VIOLIN CLASSES

Learn posture, rhythm, bowing while building a concrete foundation of learning to read music. Basic Music Theory will be taught in these classes for teens and adults to learn to read music along with playing their violins. Violins are required for each student. Class taught at Lake Park Clubhouse, 1035 11th St. Material fee of \$25 due at first class.

Lake Park Clubhouse  
Kids Music in Motion staff  
4392.101 11yrs to 15yrs 1/14 - 3/04 5:45pm-6:30pm Th \$125  
4392.102 16yrs to Adult 1/14 - 3/04 5:00pm-5:45pm Th \$125

## NEEDLE FELTING

Needle felting is a simple craft that can be used to make dolls and other 3 dimensional figures or to appliqué and add embellishments to clothing, purses or household items. Each student will make one felted doll or animal. Material fee of \$15 due at first class, and covers class supplies and basic needle felting kit, which you will keep.

Murdy Community Center Hall B  
Cardinal-Worley, Patti  
4415.100 13yrs to Adult 1/12 - 2/16 3:30pm-5:00pm Tu \$60

## PERFORMING ARTS: SOUND STATION PERFORMING GROUP

Do you love to sing and/or dance and perform live on stage? Come, bring your favorite (age appropriate) songs, practice with us, and share your talent performing live in places such as amusement parks, fairs, hotels, malls, retirement homes, etc. For more information, contact the area director through the Murdy Community Center.

Murdy Community Center Hall B  
Merdjanian, Iskui  
4393.100 13yrs to 16yrs 1/15 - 3/05 4:20pm-5:20pm F \$99

## QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential.

Murdy Community Center Hall C&D  
Walker, Don  
4394.100 16yrs to Adult 1/13 - 2/24 6:00pm-7:30pm W \$49

## ROCKSTAR PRIVATE LESSONS

Learn guitar, piano, or drums at your own pace on your own time. Rockstars Private Lessons are scheduled one on one lessons that meet based on student and teacher schedules. This is a great way to get your music career moving. Class will be held at Rockstars Music Studios, 18582 Beach Bl. #212.

Rockstars Music Studios  
Staff  
4388.101 Adult TBA 8:00am-9:00am M \$130

# Adult-Teen Classes

## SKATING: OC ROLLERS

This beginning roller skating class is a fun way to be physically fit while having fun. Instructed by a Roller Derby girl, you will learn to skate forward, start, stop, skating on one foot and backwards skating. \*Required: quad skates (No inlines or blades), helmet, knee pads, elbow pads & wrist guards. Gear may be purchased from instructor for a minimal fee.

Edison Community Center Patio Roller, Mia  
**4397.100 Adult 1/28 - 3/04 5:30pm-6:30pm Th \$55**

## SKATING: OC STROLLER ROLLER

Do you and your baby enjoy the outdoors? Then this Roller Skating/Stroller workout might just be what you are looking for. learn a combination of Roller Skating techniques and various skating exercises. This class is designed for all levels of Roller skaters. \*Required-Quad skates (no inlines or blades), helmet, knee pads, elbow pads and wrist guards.

Edison Community Center Patio Roller, Mia  
**4398.100 Adult 1/25 - 3/01 9:00am-10:00am M \$55**

## SPANISH FOR FUN & FOREVER - BEGINNING

A fun and interactive class. This conversational class is packed with visuals, songs, rhymes and learning games for rapid recall. Methods are based on recent brain research regarding language acquisition. Class taught by credentialed teacher. Material fee of \$5 is due at first class.

RSC Hall E Blades, Murnez  
**4399.101 Adult 1/28 - 3/18 3:00pm-4:00pm Th \$88**

## SPANISH FOR FUN & FOREVER - INTERMEDIATE

A fun and interactive class. This conversational class is packed with visuals, songs, rhymes and learning games for rapid recall. Methods are based on recent brain research regarding language acquisition. Class taught by credentialed teacher. Material fee of \$5 due at first class.

RSC Hall E Blades, Murnez  
**4400.101 Adult 1/28 - 3/18 4:15pm-5:15pm Th \$88**

## SPANISH FOR FUN & FOREVER - MEDICAL

Prescriptions for clear, concise communication without cumbersome verb conjugation, this system will enable medical personnel to diagnose and give direction to a Spanish speaking population effectively and courteously. Includes book & CD.

RSC Hall E Blades, Murnez  
**4401.101 Adult 3/06 - 3/13 9:00am-12:00pm Sa \$7**

## SURFING LESSONS

Learn the basic techniques of surfing and begin to enjoy one of the city's best resources. This beginning class stresses beach safety and fun while learning paddling, catching and riding waves. Students must be able to swim. Class meets at Beach Service Center, South side of Pier. For more information go to [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com)

City Beach Pier Sharp, Bill  
**4403.101 10yrs to Adult 1/09 - 1/24 10:00am-11:30am Su Sa \$180**  
**4403.102 10yrs to Adult 2/06 - 2/21 10:00am-11:30am Su Sa \$180**  
**4403.103 10yrs to Adult 3/06 - 3/21 10:00am-11:30am Su Sa \$180**

## SURFING LESSONS ABC

If you've never surfed before, this is for you! Our Basic ABC lesson provides you with the knowledge and skills you need to be up and riding by the end of the 1-1/2 hour lesson. Lessons are run by professional instructors. Equipment provided. Class meets at Beach Service Center, south side of Pier. Contact [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com) for more information.

City Beach Pier Sharp, Bill  
**4402.101 10yrs to Adult 1/16 10:00am-11:30am Sa \$75**  
**4402.102 10yrs to Adult 1/30 10:00am-11:30am Sa \$75**  
**4402.103 10yrs to Adult 2/13 10:00am-11:30am Sa \$75**  
**4402.104 10yrs to Adult 2/27 10:00am-11:30am Sa \$75**  
**4402.105 10yrs to Adult 3/13 10:00am-11:30am Sa \$75**  
**4402.106 10yrs to Adult 3/27 10:00am-11:30am Sa \$75**

## TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential. No class Feb 15th.

Edison Community Center Hall B Walker, Don  
**4404.100 Adult 1/25 - 3/15 1:00pm-2:15pm M \$49**

Murdy Community Center Hall B Walker, Don  
**4405.100 Adult 1/25 - 3/15 6:10pm-7:25pm M \$49**

## TAI CHI FOR HEALTH LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. More skillful movements will be explored. You'll be taught to connect the movements and develop a beautiful moving meditation. No class Feb. 15th.

Murdy Community Center Hall B Walker, Don  
**4406.100 Adult 1/25 - 3/15 7:35pm-8:50pm M \$49**

## WOMEN'S VOLLEYBALL

Tuesday mornings are for league play; on Thursdays, learn to bump, set, and spike while playing in a real game atmosphere.

City Gym Gymnasium Kalama, Eleanor  
**4409.101 Adult 1/12 - 3/16 9:30am-12:30pm Tu \$45**  
**4409.102 Adult 1/14 - 3/18 9:30am-12:30pm Th \$45**

## 262 FOR TEENS: FOR CALM MIND AND STRONG BODY

Promote concentration, self-discipline and develop inner strength and clarity. Promote positive communication and good listening skills which foster self-respect, compassion and respect for others. Build self-confidence. No class Mondays, Jan 18 and Feb 15.

City Gym Room B Madera, RoxAnn  
**5256.101 12yrs to 15yrs 1/11 - 3/15 3:30pm-4:15pm M \$60**

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class Mondays, Jan 18 and Feb 15.

City Gym Room B Carmichael, Yvonne  
**4410.101 Adult 1/11 - 3/29 10:30am-12:00pm M \$73**

# Adult-Teen Classes

## YOGA: EDISON COMMUNITY CENTER

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class Feb. 10 and Feb. 17

Edison Community Center Hall C&D		Pavesic, Diane	
4411.100	Adult	1/13 - 3/17	4:30pm-5:30pm W \$58
4411.101	Adult	1/13 - 3/17	5:45pm-6:45pm W \$58
4411.103	Adult	1/13 - 3/17	8:15pm-9:15pm W \$58

## YOGA: EDISON COMMUNITY CENTER – INTERMEDIATE

No class Feb. 10 and Feb. 17

Edison Community Center Hall C&D		Pavesic, Diane	
4426.100	Adult	1/13 - 3/17	7:00pm-8:00pm W \$58

## YOGA: HEALTHY, HAPPY BACK

Back conditions are variable, often relating to the curves in your spine and the muscles supporting your spine. Learn to create balance with posture, strength and flexibility. If you have a back problem, an okay from your doctor before trying yoga is advised. Bring a mat and a blanket.

City Gym Room B		Madera, RoxAnn	
4220.101	Adult	1/13 - 2/10	8:00am-9:00am W \$50
4220.102	Adult	2/17 - 3/17	8:00am-9:00am W \$50

## YOGA: IN THE PARK

Come join us for a beautiful outdoor yoga class in the park. All levels welcome. Yoga is known for its calming, body beautifying effects. Class will be in Huntington Central Park on the same side as the Library. Please bring a yoga mat or towel. Asanas begin promptly at 10am.

Central Park East		Stevenson, Sarah	
4430.101	Adult	1/11 - 3/19	10:00am-11:00am M F \$114

## YOGA: MOMMY AND ME

Yoga you can do along with your child. Connect the changes in your body with your new child. No previous yoga experience necessary. Please bring mat, two blankets, additional props will be supplied. No class on Wednesdays Jan 20 and Feb 17. This class is for moms with newborns to crawling age children.

City Gym Room B		Madera, RoxAnn	
4428.101	Adult	1/13 - 3/17	2:15pm-3:15pm W \$90

## YOGA: MURDY COMMUNITY CENTER

Yoga is a practice of uniting the mind and body, which can promote therapeutic and preventative health benefits. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class Monday, Feb. 15th.

Murdy Community Center Hall A		King, Jacki	
4417.100	16yrs to Adult	1/25 - 3/15	6:00pm-7:00pm M \$52
4417.101	16yrs to Adult	1/25 - 3/15	7:15pm-8:15pm M \$52
4417.102	16yrs to Adult	1/19 - 3/16	5:30pm-6:45pm Tu \$65
4417.103	16yrs to Adult	1/20 - 3/17	4:00pm-5:00pm W \$65

## YOGA: MURDY COMMUNITY CENTER

Yoga is a practice of uniting the mind and body, which can promote therapeutic and preventative health benefits. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Murdy Community Center Game Room		Carmichael, Yvonne	
4418.100	16yrs to Adult	1/13 - 3/03	10:30am-12:00pm W \$58
4418.101	16yrs to Adult	1/15 - 3/05	10:30am-12:00pm F \$58

## YOGA: ON THE BEACH

Outdoor Hath yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH. Please bring a yoga mat or towel. Asanas begin promptly at 9:00 am.

Beach at Seapoint		Stevenson, Sarah	
4414.101	Adult	1/16 - 3/20	9:00am-10:00am Sa \$73

## YOGA: PRENATAL

Pregnancy involves major physiological and psychological changes. Yoga can make a major difference in your pregnancy experience by helping in various aspects. Bring a mat, three blankets, and something to cover the eyes. Instructor will supply the blocks and straps. No class on Wednesdays Jan 20 and Feb 17.

City Gym Room B		Madera, RoxAnn	
4429.101	Adult	1/13 - 3/17	1:00pm-2:00pm W \$90

## YOGA: RODGERS SENIOR CENTER

Yoga is a practice of uniting the mind and body, which can promote therapeutic and preventative health benefits. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor is a Certified Yoga Therapist, RN, E-RYT-500. No class Feb. 11 and Feb. 18.

RSC Hall E		Pavesic, Diane	
4413.101	Adult	1/14 - 3/18	10:00am-11:00am Th \$58
4413.102	Adult	1/14 - 3/18	11:00am-12:00pm Th \$58

