

# Fitness and Health

## AQUA-TONE: AQUATIC CARDIO EXERCISE

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. Questions: aquatonefitness@aol.com. No class 7/4.

Aqua Tone Fitness, Dawnette Lowry		City Gym Pool	
4312.300	16yrs to Adult	6/23 - 8/27	7:00am-8:00am M W \$146
4312.301	16yrs to Adult	6/24 - 8/28	7:00am-8:00am Tu Th \$146
4312.302	16yrs to Adult	6/24 - 8/28	8:20am-9:20am Tu Th \$146
4312.303	16yrs to Adult	6/23 - 8/25	7:00am-8:00am M \$76
4312.304	16yrs to Adult	6/25 - 8/27	7:00am-8:00am W \$76
4312.305	16yrs to Adult	6/27 - 8/29	8:20am-9:20am F \$69
4312.306	16yrs to Adult	6/28 - 8/30	7:00am-8:00am Sa \$76

## AQUATIC BODY BUILDING: 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 rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class 7/4.

Aqua Tone Fitness, Dawnette Lowry		City Gym Pool	
4314.300	16yrs to Adult	6/23 - 8/25	8:15am-9:25am M \$96
4314.301	16yrs to Adult	6/25 - 8/27	8:15am-9:25am W \$96
4314.302	16yrs to Adult	6/27 - 8/29	6:45am-8:00am F \$88

## AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No class 7/4.

Thurn, Debra		City Gym Pool	
4315.300	Adult	6/23 - 7/25	12:15pm-1:15pm M W F \$97
4315.301	Adult	7/28 - 8/29	12:15pm-1:15pm M W F \$104
4315.302	Adult	6/24 - 7/24	12:30pm-1:30pm Tu Th \$71
4315.303	Adult	7/29 - 8/28	12:30pm-1:30pm Tu Th \$71

## AQUATIC EXERCISE: AQUA-EVENING

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 7/4.

Aqua Tone Fitness, Dawnette Lowry		City Gym Pool	
4310.300	12yrs to Adult	6/23 - 8/25	5:30pm-6:30pm M \$76
4310.301	16yrs to Adult	6/25 - 8/27	5:30pm-6:30pm W \$76
4310.302	16yrs to Adult	6/27 - 8/29	5:30pm-6:30pm F \$69
4310.303	16yrs to Adult	6/23 - 8/29	5:30pm-6:30pm M W F \$200
4310.304	16yrs to Adult	6/23 - 8/27	5:30pm-6:30pm M W \$146

## 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. No class 7/4.

Thurn, Debra		City Gym Pool	
4313.300	Adult	6/27 - 9/5	11:15am-12:00pm F \$86

## AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sup>2</sup>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com. No class 7/4.

Aqua Tone Fitness, Dawnette Lowry		City Gym Pool	
4525.300	16yrs to Adult	6/27 - 8/29	9:30am-10:15am F \$76

## AQUATIC EXERCISE: POOLATES – AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance.

Thurn, Debra		City Gym Pool	
4574.300	Adult	6/23 - 8/27	1:15pm-2:00pm M W \$166

## FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring med-large sized exercise ball, mat, towel and water. No class 7/4 & 9/1

HB Pilates		Murdy Community Center Hall B	
4568.300	16yrs to Adult	6/23 - 8/25	11:30am-12:00pm M \$60
4568.301	16yrs to Adult	6/25 - 9/03	6:30pm-7:00pm W \$66

HB Pilates		City Gym Room A	
4600.300	16yrs to Adult	6/24 - 9/02	6:30pm-7:00pm Tu \$66
4600.301	16yrs to Adult	6/25 - 9/03	11:00am-11:30am W \$66

HB Pilates		Edison Community Center Hall B	
4605.300	16yrs to Adult	6/23 - 8/25	8:30pm-9:00pm M \$60
4605.301	16yrs to Adult	6/24 - 9/02	11:00am-11:30am Tu \$66
4605.302	16yrs to Adult	6/27 - 9/05	11:30am-12:00pm F \$60

## FITNESS: CARDIO/RESISTANCE CIRCUIT TRAINING

Circuit training is a workout routine that combines cardiovascular fitness and resistance training. This class will alternate between bouts of cardio and resistance exercises that utilize free weights, barbells, balls, bands, jump ropes, etc. If you're looking to improve your overall well being while getting in shape and having fun then this is the class for you.

Rousseau, Melissa		Rodgers Senior Center	
4680.300	16yrs to Adult	6/26 - 8/24	9:00am-10:00am Th \$70

## FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

Pridomirski, Joanne		Edison Community Center Hall A	
4369.300	13yrs to Adult	6/24 - 8/28	8:45am-9:45am Tu Th \$75

Register Online! [www.hbsands.org](http://www.hbsands.org)

# Fitness and Health

## FITNESS: CARDIO STEP AND BODY SCULPT

Research proves step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4-8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. No class 7/4.

Hardy, Susan Edison Community Center Hall B  
4371.300 13yrs to Adult 6/23 - 8/29 5:15pm-6:15pm M W F \$111

## FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Take CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together and save. No class 7/4.

Hardy, Susan Murdy Community Center Hall A  
4370.300 13yrs to Adult 6/23 - 8/27 9:15am-10:00am M W F \$106  
\*4424.300 13yrs to Adult 6/23-8/27 8:30am-10:00am MWF \$128

## FITNESS: FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is a traditional art with a 2000 year legacy. Enjoy getting healthy together. Minimum one adult and one child per family group. \$77 for one day weekly up to 3 family members, \$5 per each extra person. \$88 for both days up to 3 family members, \$8 per each extra person. Opportunities for advancement.

Cardinal, Frances Rodgers Seniors' Center Hall B  
4386.301 3yrs to Adult 6/24 - 9/2 5:00pm-6:00pm Tu \$77  
4386.302 3yrs to Adult 6/26 - 9/4 5:00pm-6:00pm Th \$77  
4386.303 3yrs to Adult 6/24 - 9/4 5:00pm-6:00pm Tu Th \$88

## FITNESS: FITNESS FOR LIFE

Come join our work-out using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class. No class 7/8 and 8/12.

Hart, Phil Rodgers Seniors' Center  
4827.300 50yrs to Adult 6/24 - 8/26 6:00pm-7:00pm Tu \$89

## FITNESS: HB PILATES BOOT CAMP

Are you ready to sweat?! Come join HB Pilates' highly certified NASM Personal Trainers for a Boot Camp that will help you build muscle, burn fat, and give you that extra energy boost for the day! Incorporating strength, power, stability and cardio circuit exercises, we promise to help sculpt and tighten your entire body so you will look and feel great! All ages and ability levels welcome. Bring mat, towel, water, and dumbbells (hand weights). All other equipment provided. No class 7/4 & 9/1.

HB Pilates Edison Community Center  
4646.300 16yrs to Adult 6/23 - 8/25 9:00am-10:00am M \$120  
4646.301 16yrs to Adult 6/25 - 9/3 9:00am-10:00am W \$132  
4646.302 16yrs to Adult 6/27 - 9/5 9:00am-10:00am F \$120

HB Pilates City Gym: Gym & Room A  
4678.300 16yrs to Adult 6/23 - 8/25 7:00am-8:00am M \$120  
4678.301 16yrs to Adult 6/25 - 9/3 7:00am-8:00am W \$132

HB Pilates Murdy Community Center Hall A  
4655.300 16yrs to Adult 6/24 - 9/2 9:00am-10:00am Tu \$132  
4655.301 16yrs to Adult 6/26 - 9/4 9:00am-10:00am Th \$132  
4655.302 16yrs to Adult 6/26 - 9/4 5:00pm-6:00pm Th \$132

## FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. \*Take HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together and save. class. No class 7/4

Hardy, Susan Murdy Community Center Hall A  
4363.300 13yrs to Adult 6/23 - 8/27 8:30am-9:15am M W F \$106  
\*4424.300 13yrs to Adult 6/23-8/27 8:30am-10:00am MWF \$128

## FITNESS: HEAD TO TOE WORKOUT/ CARDIO STEP COMBO

Combine Head to Toe Workout and Step for the Heart and save \$\$.

Please see description for each class. No class 7/4.  
Hardy, Susan Murdy Community Center Hall A  
4424.300 13yrs to Adult 6/23 - 8/27 8:30am-10:00am M W F \$128

## 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. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; T,TH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 7/4.

Wilker, Mary City Gym Gymnasium  
4364.300 Adult Monthly Pass \$45  
4364.301 Adult 10 Classes \$55  
4364.302 Adult 4 Classes \$25  
4364.303 Adult Drop-in \$15

## 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.

Weber, Julia Murdy Community Center Hall A  
4360.300 14yrs to Adult 6/24 - 9/2 7:00pm-8:00pm Tu \$84

## FITNESS: PILATES BARRE WITH CARDIO

This high-energy class incorporates Pilates, yoga, and dance with cardio intervals to help condition and strengthen the entire body. Combining Pilates on the barre, resistance bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories along the way! Fitness level: Intermediate. Bring: mat, towel, water. No class 7/4 & 9/1.

HB Pilates Murdy Community Center Hall B  
4511.300 16yrs to Adult 6/24 - 9/2 7:00pm-8:00pm Tu \$132

HB Pilates Edison Community Center Hall B  
4513.300 16yrs to Adult 6/23 - 8/25 7:30pm-8:30pm M \$120

HB Pilates City Gym Room A  
4514.300 16yrs to Adult 6/25 - 9/3 10:00am-11:00am W \$132  
4514.301 16yrs to Adult 6/25 - 9/3 5:15pm-6:15pm W \$132  
4514.302 16yrs to Adult 6/26 - 9/4 7:15pm-8:15pm Th \$132  
4514.303 16yrs to Adult 6/27 - 9/5 8:00am-9:00am F \$120  
4514.304 16yrs to Adult 6/24 - 9/2 7:00am-8:00am Tu \$132

## Parks & Recreation...

# LOSE WEIGHT

...The Benefits Are Endless

# Fitness and Health

## FITNESS: PILATES MAT CLASS

HB Pilates mat exercises are low impact with high results and we happily welcome all ages and ability levels. HB Pilates' highly certified instructors will help you improve posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! Bring water and an exercise mat. No class 7/4 & 9/1.

HB Pilates		Edison Community Center Hall B			
4365.300	16yrs to Adult	6/23 - 8/25	6:30pm-07:30pm	M	\$110
4365.301	16yrs to Adult	6/24 - 9/2	9:00am-10:00am	Tu	\$121
4365.302	16yrs to Adult	6/27 - 9/5	10:30am-11:30am	F	\$110

HB Pilates		City Gym Room A			
4366.300	16yrs to Adult	6/25 - 9/3	9:00am-10:00am	W	\$121
4366.301	16yrs to Adult	6/26 - 9/4	6:15pm-07:15pm	Th	\$121
4366.303	16yrs to Adult	6/27 - 9/5	7:00am-8:00am	F	\$110

HB Pilates		Murdy Community Center Hall A			
4465.300	16yrs to Adult	6/23 - 8/25	10:30am-11:30am	M	\$110
4465.301	16yrs to Adult	6/24 - 9/2	6:00pm-7:00pm	Tu	\$121
4465.302	16yrs to Adult	6/28 - 9/6	9:00am-10:00am	Sa	\$121

HB Pilates		Rodgers Senior Center Hall E			
4539.300	16yrs to Adult	6/25 - 9/3	5:00pm-6:00pm	W	\$121
4539.301	16yrs to Adult	6/28 - 9/6	10:00am-11:00am	Sa	\$121

## FITNESS: PILOXING®

From Hollywood to Huntington Beach, PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Bring exercise mat.

HB Pilates		Murdy Community Center Hall B			
4545.300	16yrs to Adult	6/25 - 9/3	7:00pm-8:00pm	W	\$132
4545.301	16yrs to Adult	6/28 - 9/6	10:00am-11:00am	Sa	\$132

HB Pilates		Hall B Edison Community Center			
4571.300	16yrs to Adult	6/24 - 9/2	10:00am-11:00am	Tu	\$132

HB Pilates		City Gym Room A			
4544.300	16yrs to Adult	6/24 - 9/2	7:00pm-8:00pm	Tu	\$132
4544.301	16yrs to Adult	6/26 - 9/4	5:15pm-6:15pm	Th	\$132
4544.302	16yrs to Adult	6/26 - 9/4	7:00am-8:00am	Th	\$132

## FITNESS: PILATES CHAIR

Pilates Chair is designed for all ages and ability levels and great for people over 50 because of the low impact/gentle exercises. Chair Pilates uses resistance bands and a chair for sitting/standing exercises. Improve: balance, flexibility, strength, posture with an enhanced mind-body awareness to help reduce the risk of falls. All ages/abilities welcome. No class 7/4 & 9/1.

HB Pilates		Rodgers Senior Center Game Room			
4822.300	Adult	6/23 - 8/25	12:30pm-1:30pm	M	\$99
4822.301	Adult	6/25 - 9/3	4:00pm-5:00pm	W	\$109
4822.302	Adult	6/27 - 9/5	12:30pm-1:30pm	F	\$99
4822.303	Adult	6/23 - 9/5	12:30pm-1:30pm	Any 2 days	\$179
4822.304	Adult	6/23 - 9/5	12:30pm-1:30pm	All 3 days	\$239

## FITNESS: PRENATAL/POSTNATAL PILATES

Pilates is a safe way for woman to exercise throughout their pregnancy as they prepare for childbirth and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for woman in their 1st, 2nd, and 3rd trimester and woman 6-8 weeks postpartum, with doctor's approval. Each participant can bring one guest at no additional cost. Additional guest/drop-ins welcome: \$15. Please bring mat, towel, and water.

HB Pilates		Murdy Community Center Hall B			
4654.300	Adult	6/28 - 9/6	11:45am-12:45pm	Sa	\$165
4654.301	Adult	6/26-9/4	6:00pm-7:00pm	Th	\$165

## FITNESS: PRIVATE PERSONAL TRAINING/ PILATES LESSONS

Train one-on-one with a NASM Certified Personal Trainer and BASI Certified Pilates Instructor for one hour. Each workout is specifically designed to target personal health and fitness goals utilizing the essentials and equipment from both Pilates and personal training to maximize results. Dates/Times TBA. Bring a mat, towel, water. No class 7/4 and 9/1.

HB Pilates		City Gym Room A			
4652.300	16yrs to Adult	TBA	TBA	TBA	\$66
4652.300	16yrs to Adult	TBA	TBA	TBA	\$600
4652.302	16yrs to Adult	TBA	TBA	TBA	\$1102

## FITNESS: PRIVATE PERSONAL TRAINING/ PILATES LESSON

Train one-on-one with a Certified Personal Trainer/Pilates Instructor. Private lessons are great for beginning-advanced clients. Improve strength, power, endurance, flexibility, balance, weight loss and more! Discounts are given for multiple lessons. Sign up for 10+ lessons and get an HB Pilates unlimited classes pass FREE! Times/dates TBD. Bring: mat, towel, water. No class 7/4 and 9/1.

HB Pilates		All locations			
4637.300	18yrs to Adult	TBA	TBA	TBA	\$66.00

## FITNESS: R.I.P.P.E.D.

R.I.P.P.E.D. - the One Stop Body Shock is a plateau proof fitness formula that helps you create continuity, consistency, and challenge in every R.I.P.P.E.D. class. This total body high intensity program utilizes free weights, resistance and body weight combined with the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics, and Endurance. No class 7/29.

Grossman, Marianne		Edison Community Center Hall A			
4358.300	Adult	6/24 - 8/26	5:45pm-6:45pm	Tu	\$71

## FITNESS: SAT. MORNING CARDIO STEP AND BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend! No class 7/5.

Hardy, Susan		Edison Community Center Hall C&D			
4668.300	13yrs to Adult	6/28 - 8/16	9:15am-10:15am	Sa	\$39

**Parks & Recreation...  
Promote Good Health**

...The Benefits Are Endless

**Parks & Recreation...  
Reduce Stress**

...The Benefits Are Endless

# Fitness and Health

## FITNESS: SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving! No class 7/4, 7/22, 7/25, 7/29, 8/1. Grossman, Marianne Rodgers Seniors' Center Hall B  
4816.301 50yrs to Adult 6/24 - 8/29 9:00am-9:45am Tu F \$40

## 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 7/4 & 9/1. Spidle, Georgia Lake Park Clubhouse - 1035 11th Street  
4367.300 13yrs to Adult 6/23 - 9/5 9:00am-10:00am M W F \$70

## FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No class 7/28. Grossman, Marianne Rodgers Seniors' Center Hall A & B  
4372.301 Adult 6/23 - 8/25 5:30pm-6:30pm M \$58

## FITNESS: UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: BootCamp, Pilates Mat, Pilates Barre with Cardio, PLOXING, Pilates Chair, Ab-Core Blast and Prenatal/Postnatal Pilates. Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week! Limited spaces are available and some restrictions apply. No class 7/4 & 9/1. HB Pilates All locations  
4679.300 16yrs to Adult 6/23 - 9/6 7:00am-9:00pm M Tu W Th F S \$396

## FITNESS: ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout - Join the Party! www.sockhopfitness.com. Drop in classes \$12. SockhopFitness Murdy Community Center Hall A  
4628.300 Adult 6/25 - 8/27 6:00pm-6:50pm W \$70  
4628.301 Adult 7/12 - 8/30 8:00am-8:50am Sa \$56

## FITNESS: ZUMBA + ZUMBA TONING

All the fabulous music and calorie-torching dance of Zumba plus the dynamic sculpting moves of Zumba-Toning. Shimmy away those pounds and inches in this fun-filled fusion of the best Zumba ever! Bring a towel, water, 1-3lb. hand weights or toning sticks. Be prepared to sweat and smile! SockhopFitness, Jill Foreman Edison Community Center Hall A  
4446.300 Adult 6/25 - 8/27 6:35pm-7:20pm W \$70

## FITNESS: ZUMBA - AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun! SockhopFitness, Jill Foreman Rodgers Seniors' Center Hall A  
4573.301 6yrs to 96yrs 7/8 - 8/26 6:00pm-6:50pm Tu \$56

## FITNESS: ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun! SockhopFitness, Jill Foreman Edison Community Center Hall A  
4590.300 6yrs to Adult 7/9 - 8/27 5:45pm-6:30pm W \$56

## FITNESS: ZUMBA GOLD

Designed for active seniors or anyone just starting to exercise, Zumba Gold combines body sculpting moves with easy dance steps set to a fabulous mix of Latin and International music. Dance and shimmy your way to fitness while you burn calories, tone muscle and put a smile on your face. Drop in classes \$12. SockhopFitness, Jill Foreman Murdy Community Center Hall A  
4635.300 Adult 6/24 - 8/26 8:00am-8:50am Tu \$70

## FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$12. SockhopFitness, Jill Foreman Rodgers Seniors' Center Hall A & B  
4373.300 Adult 6/23 - 8/25 9:00am-9:50am M \$70  
4373.301 Adult 6/28 - 8/30 9:00am-9:50am Sa \$70

## MEDITATION FOR BETTER LIVING "KINETIC MINDFULNESS"

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, 'urban' meditation and creative imaging for practical and fulfilled living. Phears, David Rodgers Seniors' Center Hall C  
4611.300 Adult 6/23 - 8/11 9:30am-10:30am M \$58

## MELT METHOD HANDS & FEET SOFT MASSAGE

This class will focus on your hands and feet, and can be done sitting. Ease the aches and pains of arthritis, carpal tunnel, and plantar fasciitis by treating the inflammation with these simple self-care techniques with soft balls. Your entire body will feel better and function more efficiently. Please wear comfortable clothing and bring water. Parker, Niki Rodgers Seniors' Center Hall E  
4835.300 Adult 6/24 - 7/29 12:15pm-1:15pm T \$42

## TAI CHI CHUAN: BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. Pham, Elizabeth Rodgers Senior Center Hall B  
4407.301 Adult 6/23 - 8/11 6:45pm-8:15pm M \$50  
4407.302 Adult 6/26 - 8/14 9:00am-10:30am Th \$50

## TAI CHI CHUAN: INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. Howe, Shona Rodgers Senior Center Hall B  
4499.301 Adult 6/23-8/11 6:45pm-8:15pm M \$50  
4499.302 Adult 6/26-8/14 9:00am-10:30am Th \$50

# Fitness and Health

## TAI CHI: WELLNESS I

First class is free! 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.

Walker, Donald Edison Community Center Hall B  
4404.300 Adult 6/23 - 8/4 1:30pm-2:45pm M \$49

## TAI CHI: TIGER WALKING

First class is free! Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Donald Lake Park Clubhouse, 1035 11th Street  
4435.301 Adult 7/8 - 8/5 1:30pm-2:45pm Tu \$45  
4435.302 Adult 7/8 - 8/5 6:30pm-07:45pm Tu \$45

## YOGA: BEACH VINYASA YOGA

Beautiful yoga at the beach! Come flow with me on Thursday mornings at 8:30am for one hour of Vinyasa. Increase strength and flexibility as we find our inner peace with the tranquil sea before us. Breath in the ocean air and nourish your body and spirit for one hour that belongs to solely you. A lovely way to start your day. We will be on the sand between 9th and 10th streets north of the pier, near the circle bike path. Remember to bring a mat, water, and to wear sunscreen. Namaste my friends. All levels are welcome.

Stanek, Denise Beach  
4630.301 17yrs to Adult 6/26 - 8/14 8:30am-9:30am Th \$118  
\$106.80 HBAC Member

## YOGA: CANDLELIGHT VINYASA YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body, and spirit while decreasing stress and increasing inner peace and awareness.

Stanek, Denise Art Center Multipurpose  
4594.301 17yrs to Adult 6/24 - 8/12 6:30pm-07:30pm Tu \$118  
\$106.80 HBAC Member

## 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.

Carmichael, Yvonne City Gym Room A  
4410.300 16yrs to Adult 6/23 - 8/11 10:30am-12:00pm M \$87

## YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. Instructor is a Certified Yoga Therapist, RN, YTRX-500C, E-RYT-500. No class 7/14 & 7/21.

Pavesic, Diane Rodgers Senior Center Hall D  
4674.301 50yrs + 6/23 - 8/25 10:00am-11:00am M \$64

## Parks & Recreation... Build Strong Bodies

...The Benefits Are Endless

No classes Monday, May 26

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRX-SOOC, E-RYT-500. No class 7/10 and 7/17.

Pavesic, Diane Rodgers Senior Center Hall E  
4413.301 Adult 6/26 - 8/28 10:00am-11:00am Th \$64  
4413.302 Adult 6/26 - 8/28 11:00am-12:00pm Th \$64

## YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor is a Certified Yoga Therapist, RN, YTRx-500C, ERYT-500. No class 7/9 & 7/16

Pavesic, Diane Edison Community Center Hall C&D  
4411.300 Adult 6/25 - 8/27 4:30pm-5:30pm W \$64  
4411.301 Adult 6/25 - 8/27 5:45pm-6:45pm W \$64  
4411.302 Adult 6/25 - 8/27 7:00pm-8:00pm W \$64

## YOGA: GENTLE THERAPEUTIC YOGA WITH A MALE FOCUS

Whether you are a weekend warrior (we do warrior poses), a couch potato or maybe you just work at your computer all week. Learn how to de-stress while becoming more flexible in this men's focused yoga class designed especially for your needs. If you like sports this will enhance any physical activity, if you do not do any sports this will help keep the body flexible as well as work on strength building. Learning how to sit, stand and breathe. Oh! We thought we knew how, think again and join me for class, limited to 12 students for individual attention. Please bring a mat & blanket.

Help Your Health, Lake View Clubhouse,  
RoxAnn Madera, E-RYT-500 17451 Zeider Lane  
4665.300 15yrs to Adult 6/28 - 8/23 10:15am-11:15am Sa \$83  
4665.301 15yrs to Adult 6/28 - 8/23 11:30am-12:30pm Sa \$83

## YOGA: GENTLE YOGA FOR EVERYONE

Begin at the Beginning! Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, Limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Please bring mat and blanket. No class 7/23.

Help Your Health, Marutani Center, 18964 Brookhurst Street,  
RoxAnn Madera E-RYT-500 Fountain Valley  
4509.300 15yrs to Adult 6/25 - 8/20 9:00am-10:15am W \$126

## YOGA: GENTLE YOGA FOR EVERYONE INTERMEDIATE

This class is for the yoga student who has already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement with a therapeutic edge. Building on fundamentals for a stronger practice with the addition of more complicated poses and longer holds. Learn in the atmosphere of a small class and personalized attention. Please bring a mat and blanket. No class 7/22.

Help Your Health, Marutani Center, 18964 Brookhurst Street,  
RoxAnn Madera E-RYT-500 Fountain Valley  
4675.300 15yrs to Adult 6/24 - 8/19 9:00am-10:15am Tu \$126

## Fitness and Health

### YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 7/4.

King, Jacki, E-RYT		Murdy Community Center Hall A			
4417.300	Adult	7/7 - 8/18	4:35pm-5:35pm	M	\$58
4417.301	Adult	7/9 - 8/20	4:30pm-5:30pm	W	\$58

Carmichael, Yvonne		Murdy Community Center Game Room			
4418.300	16yrs to Adult	6/25 - 8/13	10:30am-12:00pm	W	\$87
4418.301	16yrs to Adult	6/27 - 8/22	10:30am-12:00pm	F	\$87

Holden, Susan CYP		Murdy Community Center Hall A			
4450.300	16yrs to Adult	7/7 - 8/18	6:00pm-7:00pm	M	\$58
4450.301	16yrs to Adult	7/7 - 8/18	7:15pm-8:15pm	M	\$58
4450.302	16yrs to Adult	7/8 - 8/19	5:30pm-6:45pm	Tu	\$58
4450.303	16yrs to Adult	7/11 - 8/22	4:00pm-5:00pm	F	\$58

### YOGA: QIGONG FOR WELLNESS

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. 1st class is free.

Walker, Donald		Murdy Community Center Hall C&D			
4394.300	Adult	6/25 - 8/6	6:00pm-7:15pm	W	\$49

### YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 6/4, 7/21- 25.

Help Your Health, RoxAnn Madera		Marutani Center, 18964 Brookhurst Street, Fountain Valley			
4510.300	50 yrs +	6/23 - 8/18	1:00pm-2:30pm	M	\$126
4510.301	50 yrs +	6/24 - 8/19	10:30am-12:00pm	Tu	\$126
4510.302	50yrs +	6/26 - 8/21	10:30am-12:00pm	Th	\$126
4510.303	50yrs +	6/27 - 8/22	10:30am-12:00pm	F	\$110

### YOGA: YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge.

Phears, David		City Gym Room A			
4648.300	Adult	6/26 - 8/14	9:00am-10:15am	Th	\$58
4648.301	Adult	6/25 - 8/13	12:00pm-1:15pm	W	\$58

## Parks & Recreation... Reduce Stress

...The Benefits Are Endless

## Martial Arts

### KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available. No class 7/5.

Betance, Justin		Murdy Community Center Hall B			
5232.301	15yrs to Adult	6/26 - 8/30	7:00pm-8:00pm	Th	\$150
			9:00am-10:00am	Sa	

### KARATE: TAE KWON DO

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

Tillehkooh, Kiavash		City Gym Room B			
4381.300	13yrs to Adult	6/23 - 9/1	7:15pm-8:00pm	M	\$177
4381.301	13yrs to Adult	6/24 - 9/2	7:15pm-8:00pm	Tu	\$177
4381.302	13yrs to Adult	6/25 - 9/3	7:15pm-8:00pm	W	\$177
4381.303	13yrs to Adult	6/26 - 9/4	7:15pm-8:00pm	Th	\$177

### 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. Beginner/All Ranks

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
4383.300	16yrs to Adult	6/26 - 8/28	7:00pm-8:15pm	Th	\$120

### MARTIAL ARTS: ADULTS

Classical Korean Martial Arts. Students will learn Korean terminology, basic blocks, strikes, kicks, self defense and forms. Any one day \$85, any 2 days \$100, all 3 days \$125.

Cardinal, Frances		Rodgers Seniors' Center Hall B			
4385.300	14yrs to Adult	6/24 - 9/2	6:15pm-7:45pm	Tu	\$85
4385.301	14yrs to Adult	6/26 - 9/4	6:15pm-7:45pm	Th	\$85
4385.302	14yrs to Adult	6/28 - 9/6	10:00am-12:00pm	Sa	\$85
4385.303	14yrs to Adult	6/24 - 9/6	10:00am-12:00pm	Any 2 days	\$100
4385.304	14yrs to Adult	6/24 - 9/6	10:00am-12:00pm	All 3 days	\$125

