

# TEEN/ADULT

## ART

### ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

<b>Pati Kent</b>		<b>HB Art Center</b>			
150103-4A	12+	Tu	2:30-4pm	1/13-2/10	\$95/\$86
150103-4B	12+	Tu	2:30-4pm	2/24-3/24	\$95/\$86

### CAST DRAWING

Learn to draw a sculptural cast from direct observation. Busts, portraits, hands, lips and eyes. Practice drawing line, tone, and mass without the complication of color. Begin by drawing the "block-in" method, then model large and small forms in tonal values. All levels are welcome.

<b>Gia Moody</b>		<b>HB Art Center</b>			
150107-4A	12+	F	12:30-2:30pm	1/16-2/13	\$100/\$91
150107-4B	12+	F	12:30-2:30pm	2/20-3/27	\$118/\$107

### CERAMIC CREATIONS (ADULTS)

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee due at first class.

<b>Lucia Henry</b>		<b>HB Art Center</b>			
150108-4A	18+	W	11am-1pm	1/14-2/18	\$127/\$115
150108-4B	18+	W	11am-1pm	2/25-3/25	\$117/\$106

### DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

<b>Kurt Weston</b>		<b>HB Art Center</b>			
150109-4A	16+	F	3:30-5:30pm	1/23-2/27	\$96/\$87



### DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

<b>Kurt Weston</b>		<b>HB Art Center</b>			
150110-4A	18+	F	1-3pm	1/23-2/27	\$96/\$87
150110-4B	18+	Sa	1-3pm	1/24-2/28	\$96/\$87

### DIGITAL PHOTOGRAPHY CRITIQUE SESSIONS

These sessions are for technically competent and self-directed photographers who wish to showcase and discuss their work. We will address questions and concerns about photographic technique and aesthetic. Instructor Kurt Weston (MFA), skilled as both a commercial and fine arts photographer will lead the sessions, sharing his advice and knowledge.

<b>Kurt Weston</b>		<b>HB Art Center</b>			
150132-4A	18+	Sa	3-4:30pm	1/24-2/28	\$86/\$78

### DRAWING & PAINTING WITH PATI

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

<b>Pati Kent</b>		<b>HB Art Center</b>			
150111-4A	12+	Tu	6-7:30pm	1/13-2/10	\$95/\$86
150111-4B	12+	Tu	6-7:30pm	2/24-3/24	\$95/\$86

### FIBER SCULPTURE

Learn the ancient technique of basket weaving. Manipulate fiber into a 3D form creating an organic sculpture which can be functional or for display. Add decorative pieces for emphasis.

<b>Courtney Radcliffe</b>		<b>HB Art Center</b>			
150106-4A	12+	Th	5:30-7:30pm	1/15-2/12	\$86/\$78
150106-4B	12+	Th	3:30-5:30pm	2/19-3/19	\$86/\$78

### INTRODUCTION TO METAL CLAY

Learn to work with silver, bronze, and copper clays! Forming, firing, and finishing techniques will be covered. Students will make finished metal pieces. Explore your creativity while making something pretty. All tools are provided with a \$5 usage fee. Clays will be available for purchase during class.

<b>Laura Moore</b>		<b>HB Art Center</b>			
150129-4A	13+	W	5:30-7:30pm	2/18-3/25	\$130/\$118

### OIL PAINTING

Learn the fundamentals of oil painting. Understand simple paint mixing, color theory, and artist materials including paint, brushes and canvas selections. One monochromatic still life and one step by step full color instructional guided painting will be completed. All levels welcome.

<b>Gia Moody</b>		<b>HB Art Center</b>			
150104-4A	12+	W	6-7:45pm	1/14-2/11	\$96/\$87
150104-4B	12+	W	6-7:45pm	2/18-3/25	\$114/\$103

## PAINTING AND DRAWING

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. \$20 lab fee due to instructor if you do not already have materials.

<b>Marilyn Oropeza</b>					<b>Rodgers Seniors' Center</b>
150115-5A	18+	Tu	8:30-11:30am	1/6-2/10	\$50
150115-5B	18+	Tu	8:30-11:30am	2/17-3/24	\$50

## PORTRAITURE & FIGURE DRAWING

This class will introduce the basics of drawing the human portrait and figure by way of instruction and demonstration. A live model, perspective head and face or body proportions will be covered. Learn to measure, block-in, and see shapes within the form. Learn light, shading, value, and composition. Materials list.

<b>Gia Moody</b>					<b>HB Art Center</b>
150119-4A	12+	Sa	10am-12pm	1/17-2/14	\$100/\$91
150119-4B	12+	Sa	10am-12pm	2/21-3/28	\$118/\$107

## 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. \$9 material fee due at first class.

<b>Margaret Husting</b>					<b>Murdy Community Center</b>
150122-1A	18+	Th	1-2pm	1/15-2/26	\$63
<b>Margaret Husting</b>					<b>Rodgers Seniors' Center</b>
150122-5A	18+	W	9-10am	1/14-3/11	\$63

## SIGNIFICANT SHADING

Discover shading techniques using colored pencil, marker, and graphite pencil. Enhance your artwork with shading to turn shape into form, consider light source and apply implied textures.

<b>Courtney Radcliffe</b>					<b>HB Art Center</b>
150105-4A	12+	Th	3:30-5:30pm	1/15-2/12	\$86/\$78
150105-4B	12+	Th	5:30-7:30pm	2/19-3/19	\$86/&78

## TAKING THE FEAR OUT OF WATERCOLOR PAINTING

In this introductory class, students are taught the basics of watercolor painting, including color mixing, composition, value, and materials. Focus will be upon landscape and seascape painting with personalized instruction based upon student's needs. Demonstration will be given periodically through the course. Materials list.

<b>Diane Merrill</b>					<b>HB Art Center</b>
150117-4A	13+	Th	9:30am-12:30pm	1/15-3/5	\$150/\$136

## WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list.

<b>Diane Merrill</b>					<b>HB Art Center</b>
150116-4A	13+	Tu	9:30am-12:30pm	1/13-3/3	\$150/\$136



## COMPUTERS

### BASIC COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
150205-5A	18+	Th	9am-12pm	1/8-1/29	\$66
150205-5B	18+	F	9am-12pm	2/6-2/27	\$66
150205-5C	18+	Th	9am-12pm	3/5-3/26	\$66

### BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A \$5.00 suggested donation is due at the first class.

<b>RSC Volunteer</b>					<b>Rodgers Seniors' Center</b>
150200-5A	18+	Tu	9-11:30am	1/6-1/27	\$15
150200-5B	18+	Tu	9-11:30am	2/3-2/24	\$15
150200-5C	18+	Tu	9-11:30am	3/3-3/24	\$15

### BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search, bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
150202-5A	18+	Sa	9am-12pm	2/7	\$38
150202-5B	18+	Sa	9am-12pm	3/21	\$38

### FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

<b>Little Hands Megabytes</b>					<b>Rodgers Seniors' Center</b>
150207-5A	18+	Sa	10am-12pm	1/17-1/31	\$64



## FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
<b>150201-5A</b>	18+	Sa	9am-12pm	1/10	\$38
<b>150201-5B</b>	18+	Sa	9am-12pm	2/28	\$38

## EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

<b>RSC Volunteer</b>					<b>Rodgers Seniors' Center</b>
<b>150215-5A</b>	50+	M	9am-12pm	3/2-3/23	\$15

## INTRO TO WINDOWS 8

If you own or are planning to get a new computer with Windows 8, this class will explore some of the new features in W-8. Learn about the Start screen, tiles, the charms bar and side bar, as well as organizing your files and folders and backing up your computer. Prerequisite: Basic computer knowledge.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
<b>150212-5A</b>	18+	W	6-8:30pm	1/14	\$34
<b>150212-5B</b>	18+	Sa	9am-12pm	2/14	\$34
<b>150212-5C</b>	18+	W	6-8:30pm	2/25	\$34
<b>150212-5D</b>	18+	Sa	9-11:30am	3/7	\$34
<b>150212-5E</b>	18+	W	6-8:30pm	3/25	\$34

## MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A suggested donation of \$5 is due at the first class.

<b>RSC Volunteer</b>					<b>Rodgers Seniors' Center</b>
<b>150209-5A</b>	18+	W	9am-12pm	1/7-1/28	\$15
<b>150209-5B</b>	18+	W	9am-12pm	3/4-3/25	\$15

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Requires basic computer skills. Advanced registration strongly advised.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
<b>150210-5A</b>	18+	Th	2-5pm	1/22-1/29	\$66
<b>150210-5B</b>	18+	Th	2-5pm	2/5-2/12	\$66
<b>150210-5C</b>	18+	Th	2-5pm	3/19-3/26	\$66

## PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
<b>150214-5A</b>	18+	F	9am-12pm	1/9-1/30	\$66
<b>150214-5B</b>	18+	Th	9am-12pm	2/5-2/26	\$66
<b>150214-5C</b>	18+	F	9am-12pm	3/6-3/13	\$66

## WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

<b>Joel Lander</b>					<b>Rodgers Seniors' Center</b>
<b>150211-5A</b>	18+	Th	2-5pm	1/8-1/15	\$66
<b>150211-5B</b>	18+	Th	2-5pm	2/19-2/26	\$66
<b>150211-5C</b>	18+	Th	2-5pm	3/5-3/12	\$66

## COOKING

### ITALIAN COOKING

You will learn the secrets to making pasta from scratch, how to make a mouth watering ravioli, rich sauces (both red and white), classic chicken dishes, rosemary bread and of course tiramisu. You will learn techniques to master this cuisine and take home lots of recipes to make at home. Come hungry. \$15 material fee.

<b>April Berg</b>					<b>Edison Community Center</b>
<b>150305-2A</b>	18+	Tu	6:15-9:15pm	2/10-2/10	\$35

### SCRUMPTIOUS BRUNCH

Entertain your family and friends with an incredible and impressive brunch. We will learn to make a stuffed french toast, eggs benedict, maple crusted bacon, fluffy omelets, herb crusted potatoes, swedish pancakes with homemade syrup and more. You will learn preparation, presentation and timing. Come Hungry. \$15 material fee due at first class.

<b>April Berg</b>					<b>Edison Community Center</b>
<b>150306-2A</b>	18+	Tu	6:15-9:15pm	3/10-3/10	\$35



# DANCE

## ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? 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 is free. *No Class Dates: Jan-19, Feb-16*

**Huntington Academy of Dance** **City Gym and Pool**  
**150442-3A** 16+ M 7-8pm 1/12-3/16 \$85

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**150442-1A** 16+ W 7:30-8:30pm 1/14-3/18 \$105

## BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. Hosted by Jill Foremen. No Partner needed *No Class Dates: Jan-19, Feb-16*

**Kaylaa Fox** **Edison Community Center**  
**150407-2A** 16+ M 7-8pm 1/12-2/9 \$49  
**150407-2B** 16+ M 7-8pm 2/23-3/16 \$49

## BALLET & BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

**Huntington Academy of Dance** **Rodgers Seniors' Center**  
**150426-5A** 50+ M 12:30-1:30pm 1/5-2/9 \$42  
**150426-5B** 50+ M 12:30-1:30pm 2/23-3/23 \$42

## DANCE: COUNTRY LINE

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 materials fee due at first class.

**Kaylaa Fox** **Edison Community Center**  
**150413-2A** 16+ W 7:45-8:30pm 1/21-2/11 \$49  
**150413-2B** 16+ W 7:45-8:30pm 2/18-3/11 \$49

**Kaylaa Fox** **Murdy Community Center**  
**150413-1A** 16+ Th 6:30-7:15pm 1/22-2/12 \$49  
**150413-1B** 16+ Th 6:30-7:15pm 2/19-3/12 \$49

## DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed!

**Kaylaa Fox** **Murdy Community Center**  
**150415-1A** 16+ Th 7:15-8pm 1/22-2/12 \$49  
**150415-1B** 16+ Th 7:15-8pm 2/19-3/12 \$49



## DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 materials fee due at first class.

**Kaylaa Fox** **Murdy Community Center**  
**150421-1A** 16+ Th 8-8:45pm 1/22-2/12 \$49  
**150421-1B** 16+ Th 8-8:45pm 2/19-3/12 \$49

## DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary.

**Kaylaa Fox** **Murdy Community Center**  
**150423-1A** 16+ Th 8:15-9:15pm 1/15-2/12 \$49  
**150423-1B** 16+ Th 8:15-9:15pm 2/19-3/19 \$49

## DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed.

**Kaylaa Fox** **Murdy Community Center**  
**150424-1A** 16+ Th 7:15-8:15pm 1/15-2/12 \$49  
**150424-1B** 16+ Th 7:15-8:15pm 2/19-3/19 \$49

## DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

<b>Kaylaa Fox</b>				<b>Murdy Community Center</b>	
150422-1A	16+	Th	6:15-7:15pm	1/15-2/12	\$49
150422-1B	16+	Th	6:15-7:15pm	2/19-3/19	\$49

## LINE DANCE NEW BEGINNERS

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music.

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150434-5A	18+	F	3-4pm	1/9-3/20	\$50

## LINE DANCE NEW BEGINNER & LEVEL 1

Take both the Introduction and Level 1 Line Dance classes. Prerequisite: Line Dance Introduction or knowledge of basics.

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150436-5A	18+	F	3-5pm	1/9-3/20	\$60

## LINE DANCE FITNESS LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: Line Dance Introduction.

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150419-5A	18+	F	4-5pm	1/9-3/20	\$50

## LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150428-5A	18+	W	2:15-3:45pm	1/7-3/18	\$58

## LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: Jan-19 & Feb-16*

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150433-5A	18+	M	3:15-4:45pm	1/5-3/16	\$50

## LINE DANCE FITNESS 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great Physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

<b>Suzy Hazard</b>				<b>Rodgers Seniors' Center</b>	
150420-5A	18+	W	12:30-2pm	1/7-3/18	\$58



## PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

<b>SockhopFitness</b>				<b>Edison Community Center</b>	
150402-2A	6+	M,Tu,W,Th,F,Sa	8am-10pm	1/12-3/28	\$75

## SOUNDS OF MOTOWN

Get up and Get down to the sounds of Motown!!! Certified dance instructor, Charletta Fry, has over 15 years experience teaching African dance, jazz and hip-hop. Now it's your turn to experience the joy of dance and join the fun as you'll be 'movin and groovin' to the rhythms that inspired a generation. No experience necessary.

<b>Charletta Fry</b>				<b>Rodgers Seniors' Center</b>	
150403-5A	18+	M	6-7pm	1/5-2/9	\$45
150403-5B	18+	M	6-7pm	2/23-3/23	\$45
150403-5C	16+	W	11am-12pm	1/14-2/11	\$45
150403-5D	16+	W	11am-12pm	2/18-3/18	\$45

## TAP CLASS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory. *No Class Dates: Jan-19 & Feb-16*

<b>Renee Roseth</b>				<b>Rodgers Seniors' Center</b>	
150437-5A	18+	M	5-6pm	1/5-3/23	\$175
150437-5B	18+	Tu	5-6pm	1/6-3/24	\$175
150437-5C	18+	W	3:30-4:30pm	1/7-3/25	\$175

## TAP- INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. *No Class Dates: Jan-19 & Feb-16*

<b>Renee Roseth</b>				<b>Rodgers Seniors' Center</b>	
150438-5A	18+	M	6-7pm	1/5-3/23	\$175
150438-5B	18+	Tu	6-7pm	1/6-3/24	\$175
150438-5C	18+	W	2:30-3:30pm	1/7-3/25	\$175

## TUPUA'S ADVANCED POLYNESIAN

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing, bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

Melody Seanoa		Rodgers Seniors' Center			
150439-5A	13+	Tu	7:30-8:30pm	1/13-2/10	\$60
150439-5B	13+	Tu	7:30-8:30pm	2/17-3/17	\$60

## TUPUA'S BEGINNING POLYNESIAN

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.

Melody Seanoa		Rodgers Seniors' Center			
150440-5A	13+	Tu	6:30-7:30pm	1/13-2/10	\$60
150440-5B	13+	Tu	6:30-7:30pm	2/17-3/17	\$60

## DOG TRAINING

### AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested

Dog Services Unlimited		Edison Community Center			
150503-2A	10+	Tu	8:30-9:15pm	2/24-3/3	\$26

### CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson.

Dog Services Unlimited		Murdy Community Center			
150506-1A	10+	M	7:30-8:45pm	2/23-3/16	\$80



## DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).

Dog Services Unlimited		Edison Community Center			
150504-2A	10+	Tu	7:30-8:30pm	1/20-3/3	\$93
150504-2B	10+	W	6-7pm	2/4-3/18	\$93

Dog Services Unlimited		Murdy Community Center			
150504-1A	10+	Th	7-8pm	1/29-3/12	\$93

## FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 8 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. *No Class Dates: Feb-14*

Surf City Flyball		Central Park-Slater/Golden West Steet			
150507-1A	18+	Sa	9-10am	1/24-3/21	\$85

## PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 material fee due at first class, includes training manual. *No Class Dates: Feb-16*

Dog Services Unlimited		Murdy Community Center			
150502-1A	10+	M	6:30-7:30pm	2/2-3/16	\$82

## EDUCATIONAL

### LEARNING BLACK HISTORY

Learn the truth about black history in America. Celebrating, discussing our past struggles, accomplishments, inventors, leaders and heroes. Class meets the 2nd and 4th Saturday of each month.

Beatrice Jones		Rodgers Seniors' Center			
150608-5A	18 yrs+	Sa	10-12noon	1/10 - 3/14	\$10

### E-BAY SELLING BASICS

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

David Krueger		Murdy Community Center			
150606-1A	16+	Tu	7-9pm	1/13-1/27	\$79

## ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. It will meet once a week. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. *Ci vediamo!* (see you soon!)

Spectrum Languages		Edison Community Center		
150601-2A	18+	Th	6:30-7:30pm	1/15-3/19 \$110

## ITALIAN: CONVERSATIONAL ITALIAN 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition and again a focus on speaking in daily activities. The program is adjusted to the requests and abilities of the participants. Recommended for students with at least 10 hours of previous Italian learning. *Grazie mille!* (thank you!).

Spectrum Languages		Edison Community Center		
150603-2A	18+	Th	7:30-8:30pm	1/15-3/19 \$110

## SPANISH FOR FUN AND FOREVER – BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his or her message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 activity fee due at first class.

Murnez Blades		Rodgers Seniors' Center		
150604-5A	18+	Th	3-4pm	1/15-2/26 \$94
150604-5B	18+	Tu	6-7pm	1/13-2/24 \$94

## SPANISH FOR FUN AND FOREVER – INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 activity fee due at first class.

Murnez Blades		Rodgers Seniors' Center		
150605-5A	18+	Th	4:15-5:15pm	1/15-2/26 \$94

## HEALTH & FITNESS

### 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](mailto:aquatonefitness@aol.com). *No Class Dates: Jan-19, Feb-16*

Aqua Tone Fitness		City Gym and Pool		
150802-3A	16+	F	6:45-8am	1/16-3/27 \$105
150802-3B	16+	W	8:15-9:25am	1/14-3/25 \$105
150802-3C	13+	M	8:15-9:25am	1/12-3/23 \$87

### AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). *No Class Dates: Jan-19, Feb-16*

Aqua Tone Fitness		City Gym and Pool		
150804-3A	16+	M	5:30-6:30pm	1/12-3/23 \$73
150804-3B	16+	W	5:30-6:30pm	1/14-3/25 \$88
150804-3C	16+	M,W	5:30-6:30pm	1/12-3/25 \$148
150804-3D	16+	M,W,F	5:30-6:30pm	1/12-3/27 \$232
150804-3E	16+	F	5:30-6:30pm	1/16-3/27 \$88

### AQUA-FIT: FAT BURNING

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 Dates: Jan-19, Feb-16*

Debra Thurn		City Gym and Pool		
150805-3A	16+	M,W	1:15-2pm	1/12-3/25 \$158
150805-3B	16+	F	11:15am-12pm	1/9-3/27 \$94

### 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 Dates: Jan-19, Feb-16*

Debra Thurn		City Gym and Pool		
150806-3A	16+	M,W,F	12:15-1:15pm	1/12-2/20 \$103
150806-3B	16+	Tu,Th	12:30-1:30pm	1/13-2/19 \$84
150806-3C	16+	M,W,F	12:15-1:15pm	2/23-3/27 \$103
150806-3D	16+	Tu,Th	12:30-1:30pm	2/24-3/26 \$71

### 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](mailto:aquatonefitness@aol.com). *No Class Dates: Jan-19, Feb-16*

Aqua Tone Fitness		City Gym and Pool		
150808-3A	16+	M	7-8am	1/12-3/23 \$73
150808-3B	16+	W	7-8am	1/14-3/25 \$88
150808-3C	16+	M,W	7-8am	1/12-3/25 \$149
150808-3D	16+	Tu,Th	7-8am	1/13-3/26 \$171
150808-3E	16+	Tu,Th	8:20-9:20am	1/13-3/26 \$171
150808-3F	16+	F	8:20-9:20am	1/16-3/27 \$88
150808-3G	16+	Sa	7-8am	1/17-3/28 \$88

### AQUATIC EXERCISE: H<sub>2</sub>O 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<sub>2</sub>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](mailto:aquatonefitness@aol.com).

Aqua Tone Fitness		City Gym and Pool		
150821-3A	16+	F	9:30-10:15am	1/16-3/27 \$88

## AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water and your own exercise ball. *No Class Dates: Jan-19, Feb-16*

**HB Pilates** **City Gym and Pool**  
**150833-3A** 16+ W 11-11:30am 1/14-3/25 \$79

**HB Pilates** **Edison Community Center**  
**150833-2A** 16+ M 8:30-9pm 1/12-3/23 \$64  
**150833-2B** 16+ F 11:30 - 12:00pm 1/16-3/27 \$79

**HB Pilates** **Murdy Community Center**  
**150833-1A** 16+ M 11:30am-12pm 1/12-3/23 \$64  
**150833-1B** 16+ W 6:30-7pm 1/14-3/25 \$79

## 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.

\*Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$128. *No Class Dates: Jan-19, Feb-16*

**Susan Hardy** **Murdy Community Center**  
**150835-1A** 13+ M,W,F 9:15-10am 1/12-3/18 \$106

## 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.

**Joanne Pridomirski** **Edison Community Center**  
**150850-2A** 13+ Tu,Th 8:45-9:45am 1/13-3/26 \$85

## CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No Class Dates: Jan-19, Feb-16*

**Susan Hardy** **Edison Community Center**  
**150851-2A** 13+ M,W,F 5:15-6:15pm 1/12-3/18 \$111

## CREATIVE MINDFULNESS

This class is geared to those who (of all ages) are creative, caring, compassionate, and want to be of service to others through the expressions of art, music, writing, dance, and any form of medium that heals, reveals, stimulates, inspires and inquires.

**David Phears** **HB Art Center**  
**150884-4A** 10-99 yrs W 9:30-10:30am 1/21-3/25 \$126/\$114



## 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.

**Phil Hart** **Rodgers Seniors' Center**  
**150838-5A** 40+ W 6-7pm 1/21-3/11 \$89

## HB PILATES STROLLER WORKOUT

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Mom's and/or Dad's, join us for a one hour workout that will have you bonding with your babies while sculpting and tightening your entire body! Kids 0-4 welcome. 2 kids max. Bring stroller, water, snacks. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions.

**HB Pilates** **Murdy Community Center**  
**150825-1A** 18+ Tu 9-10am 1/13-3/24 \$143

## 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. x1 day a week \$143, x2 Days a week \$264 x3 days a week \$330. *No Class Dates: Jan-19, Feb-16*

**HB Pilates** **Edison Community Center**  
**150839-2A** 16+ M 9-10am 1/12-3/23 \$117  
**150839-2B** 16+ W 9-10am 1/14-3/25 \$143  
**150839-2C** 16+ F 9-10am 1/16-3/27 \$143

**HB Pilates** **Murdy Community Center**  
**150839-1A** 16+ Th 9-10am 1/15-3/26 \$143

## 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.\*Sign-up for **HEAD TO TOE WORKOUT** plus **CARDIO STEP FOR THE HEART** together for only \$128. *No Class Dates: Jan-19, Feb-16*

**Susan Hardy** **Murdy Community Center**  
**150841-1A** 13+ M,W,F 8:30-9:15am 1/12-3/18 \$106

## JAZZERCISE

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Start dancing yourself fit and change the shape of your body today! Class meets Monday & Friday from 9-10am.

**Erica Den Hartog** **City Gym & Pool**  
**10 Classes**  
**150853-3A** 16+ M,W 9:00-10:00am 1/12-3/27 \$68  
**20 Classes**  
**150853-3B** 16+ M,W 9:00-10:00am 1/12-3/27 \$98

## 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.

**Julia Weber** **Murdy Community Center**  
150842-1A 13+ Tu 7-8pm 1/13-3/24 \$89

## 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. *No Class Date: Feb-16*

**David Phears** **Rodgers Seniors' Center**  
150815-5A 18+ M 9:30-10:30am 1/26-3/23 \$80

## MELT METHOD HANDS & FEET SOFT

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.

**Niki Parker** **Rodgers Seniors' Center**  
150895-5A 18+ Th 12:15-1:15pm 1/15-1/29 \$24  
150895-5B 18+ Th 12:15-1:15pm 2/12-2/26 \$18  
150895-5C 18+ Th 12:15-1:15pm 3/5-3/26 \$24

## 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. Drop-Ins: \$16. Bring mat, towel, water.

**HB Pilates** **Edison Community Center**  
150843-2A 16+ Tu 10-11am 1/13-3/24 \$143

**HB Pilates** **Murdy Community Center**  
150843-1A 16+ W 7-8pm 1/14-3/25 \$143  
150843-1B 16+ Sa 10-11am 1/17-3/28 \$143



## PILATES MAT

HB Pilates mat exercises are low impact with high results. 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! All ages/abilities welcome. Drop-ins welcome: \$16. Bring mat, towel, and water. *No Class Dates: Jan-19, Feb-16*

**HB Pilates** **City Gym and Pool**  
150811-3A 16+ W 9-10am 1/14-3/25 \$132  
150811-3B 16+ Th 6-7pm 1/15-3/26 \$132

**HB Pilates** **Edison Community Center**  
150811-2A 16+ M 6:30-7:30pm 1/12-3/23 \$108  
150811-2B 16+ Tu 9-10am 1/13-3/24 \$132  
150811-2C 16+ F 10:30-11:30am 1/16-3/27 \$132

**HB Pilates** **Murdy Community Center**  
150811-1A 16+ M 10:30-11:30am 1/12-3/23 \$108  
150811-1B 16+ Tu 6-7pm 1/13-3/24 \$132  
150811-1C 16+ Sa 9-10am 1/17-3/28 \$132

## 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 Dates: Jan-19, Feb-16*

**HB Pilates** **City Gym and Pool**  
150855-3A 16+ W 10-11am 1/14-3/25 \$143  
150855-3B 16+ W 5:15-6:15pm 1/14-3/25 \$143  
150855-3C 16+ Th 7-8pm 1/15-3/26 \$143

**HB Pilates** **Edison Community Center**  
150855-2A 16+ M 7:30-8:30pm 1/12-3/23 \$117

**HB Pilates** **Murdy Community Center**  
150855-1A 16+ Tu 7-8pm 1/13-3/24 \$143

## PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women 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 women in their 1st, 2nd, and 3rd trimester and women 6-8 weeks postpartum, with doctor's approval. Drop-Ins: \$16. Please bring mat, towel, and water.

**HB Pilates** **Murdy Community Center**  
150856-1A 18+ Sa 9-10am 1/17-3/28 \$143  
150856-1B 18+ Th 6-9pm 1/15-3/26 \$143

## PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Register for more than 1x per week and save. Additional guests/drop-ins welcome: \$16. *No Class Dates: Jan-19, Feb-16*

**HB Pilates** **Rodgers Seniors' Center**  
150879-5A 18+ M 12:30-1:30pm 1/12-3/23 \$99  
150879-5B 18+ W 12-1pm 1/14-3/25 \$121  
150879-5C 18+ F 12:30-1:30pm 1/16-3/27 \$121

## PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD.

HB Pilates		All Community Center Locations			
150897-1A	16+	M-Sa	TBD	1 Lesson	\$75
150897-1B	16+	M-Sa	TBD	10 Lessons	\$700
150897-1C	16+	M-Sa	TBD	20 Lessons	\$1300

## QIGONG

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.

Donald Walker		Edison Community Center			
150864-2A	18+	Tu	1:30-2:45pm	1/13-2/24	\$49
Donald Walker		Murdy Community Center			
150864-1A	18+	W	6-7:15pm	1/14-2/25	\$49

## SATURDAY AM CARDIO STEP & 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!

Susan Hardy		Edison Community Center			
150846-2A	13+	Sa	9:15-10:15am	1/17-3/14	\$43

## SLIM & TRIM

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.

Georgia Spidle		Lake Park			
150847-2A	18+	M,W,F	9-10am	1/12-3/13	\$60

## 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!

Marianne Grossman		Rodgers Seniors' Center			
154088-5A	55+	Tu,F	9-9:45am	1/13-3/27	\$55

## TAI CHI CHUAN FOR 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. No Class Dates: Jan-19, Feb-16

Elizabeth Pham		Rodgers Seniors' Center			
150881-5A	18+	M	6:45-8:15pm	1/12-3/23	\$55
150881-5B	18+	Th	9-10:30am	1/15-3/26	\$55



## TAI CHI CHUAN FOR 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. No Class Dates: Jan-19, Feb-16

Shona Howe		Rodgers Seniors' Center			
150882-5A	18+	M	6:45-8:15pm	1/12-3/23	\$55
150882-5B	18+	Th	9-10:30am	1/15-3/26	\$55

## 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 Dates: Jan-19 & Feb -16

Marianne Grossman		Edison Community Center			
150857-2A	18+	Tu	5:30-6:30pm	1/13-3/24	\$69
Marianne Grossman		Rodgers Seniors' Center			
150857-5A	18+	M	5:30-6:30pm	1/12-3/23	\$58

## TOTAL BODY WORKOUT/CARDIO STEP

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. Low impact on floor for a total body 1 1/2 hour workout at one LOW PRICE. All fitness levels welcome. Bring mat and hand weights.

Susan Hardy		Murdy Community Center			
150886-1A	13+	M,W,F	8:30-10am	1/12-3/18	\$128

## UNLIMITED HB PILATES CLASSES

Sign up and have access to all HB Pilates group classes: BootCamp, Pilates Mat, Pilates Barre with Cardio, PILOXING, 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.

HB Pilates		All Community Center Locations			
150896-1A	16+	M-Sa	TBD	1/12-3/28	\$399
150896-1B	16+	M-Sa	TBD	1/12-2/21	\$234
150896-1C	16+	M-Sa	TBD	2/23-3/28	\$195



## CANDLELIGHT 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.

**Denise Stanek** **HB Art Center**  
**150865-4A** 17+ Tu 6:30-7:30pm 1/13-3/3 \$106/\$96

## 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.

**David Phears** **City Gym and Pool**  
**150874-3A** 16+ Th 8:45-10am 1/22-3/26 \$125

## 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 Dates: Jan-19, Feb-16*

**Yvonne Carmichael** **City Gym and Pool**  
**150867-3A** 16+ M 10:30am-12pm 1/12-3/23 \$97

## YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath centered practice for overall well-being. Benefits include reduced pain & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-11, Feb-18*

**Diane Pavesic** **Edison Community Center**  
**150868-2A** 18+ W 4:30-5:30pm 1/14-3/18 \$64  
**150868-2B** 18+ W 5:45-6:45pm 1/14-3/18 \$64  
**150868-2C** 18+ W 7-8pm 1/14-3/18 \$64

## YOGA: MURDY

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 Dates: Feb-16*

**Jacki King-RYT** **Murdy Community Center**  
**150876-1A** 18+ M 4:35-5:35pm 1/26-3/16 \$58  
**150876-1F** 18+ W 4-5pm 1/21-3/18 \$72

**Susan Holden-CYP** **Murdy Community Center**  
**150876-1B** 16+ M 6-7pm 1/26-3/16 \$58  
**150876-1C** 16+ M 7:15-8:15pm 1/26-3/16 \$58  
**150876-1D** 16+ Tu 5:30-6:45pm 1/20-3/17 \$72  
**150876-1H** 16+ F 4-5pm 1/23-3/20 \$72

**Yvonne Carmichael** **Lake View Park, 17461 Zeider Lane**  
**150876-1E** 16+ W 10:30am-12pm 1/14-3/25 \$97  
**150876-1G** 16+ F 10:30am-12pm 1/16-3/27 \$97

## YOGA: RODGERS SENIORS' CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-12, Feb-19*

**Diane Pavesic** **Rodgers Seniors' Center**  
**150872-5A** 18+ Th 10am - 11am 1/15-3/19 \$64  
**150872-5B** 18+ Th 11am-12pm 1/15-3/19 \$64

## CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500. *No Class Dates: Jan-19, Feb -16*

**Diane Pavesic** **Rodgers Seniors' Center**  
**150866-5A** 18+ M 10-11am 1/12-3/16 \$64

## ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 86! 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! Walk-ins welcome \$12.

**SockhopFitness** **Edison Community Center**  
**150813-2A** 6+ W 5:45-6:30pm 1/14-3/25 \$69

**SockhopFitness** **Rodgers Seniors' Center**  
**150813-5A** 6+ Tu 6-6:45pm 1/13-3/24 \$69

## 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		Murdy Community Center			
150817-1A	16+	Tu	8:05-8:55am	1/13-3/24	\$75
SockhopFitness		Rodgers Seniors' Center			
150859-5A	18+	Sa	9-9:45am	1/17-3/28	\$75

## ZUMBA GOLD BEGINNING

Some fabulous music as regular Zumba Gold but at a teach-me-the -steps pace. This class won't wear you out but will tone your muscles, increase your balance and flexibility, and put a smile on your face. *No Class Dates: Jan-19, Feb-16*

SockhopFitness		Rodgers Seniors' Center			
150860-5A	16+	M	9-9:45am	1/12-3/23	\$63

## 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](http://www.sockhopfitness.com). Walk-ins welcome \$12.

SockhopFitness		Edison Community Center			
150858-2A	16+	W	6:35-7:20pm	1/14-3/25	\$75
SockhopFitness		Murdy Community Center			
150858-1A	16+	W	6-6:50pm	1/14-3/25	\$75

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights.

SockhopFitness		Edison Community Center			
150888-2A	16+	M	5:45-6:30pm	1/12-3/23	\$65

## ZUMBA STEP

Looking to strengthen and tone your legs and glutes? Well, step right up! Zumba Step combines the awesome toning and strengthening power of step aerobics, with the Zumba fitness-party workout atmosphere. Increase your cardio and calorie burning, while adding fun moves that define and sculpt your core and legs.

Joanne Pridomirski		Edison Community Center			
150803-2A	13+	Tu,Th	10-10:50am	1/13-3/26	\$85



## MARTIAL ARTS

### FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 3 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$20.

Frances Cardinal		Rodgers Seniors' Center			
150904-5A	3+	Tu	5-6pm	1/13-3/24	\$80
150904-5B	3+	Th	5-6pm	1/15-3/26	\$80

### KARATE-DO TRADITIONAL JAPANESE

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		Edison Community Center			
150907-2A	16+	Th	7-8:15pm	1/15-3/19	\$120

### 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.

Justin Betance		Murdy Community Center			
150905-1A	15+	Th	7-8pm	1/15-3/21	\$155
		Sa	9-10am		

### MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$140, all 3 days \$160.

Frances Cardinal		Rodgers Seniors' Center			
150901-5A	16+	Tu	6:15-7:45pm	1/13-3/24	\$80
150901-5B	16+	Th	6:15-7:45pm	1/15-3/26	\$80
150901-5C	16+	Sa	10am-12pm	1/17-3/28	\$80

### TAE KWON DO

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor. *No Class Dates: Jan-19, Feb-16*

Kiavash Tillehkook		City Gym and Pool			
150906-3A	10-17 yrs	M,W	6:30-7:15pm	1/12-3/25	\$188
150906-3B	10-17 yrs	Tu,Th	6:30-7:15pm	1/13-3/26	\$188
150906-3C	10-17 yrs	M,Tu	6:30-7:15pm	1/12-3/24	\$188
150906-3D	10-17 yrs	M,Th	6:30-7:15pm	1/12-3/26	\$188
150906-3F	13+	M	7:15-8pm	1/12-3/23	\$177
150906-3G	13+	Tu	7:15-8pm	1/13-3/24	\$177
150906-3H	13+	W	7:15-8pm	1/14-3/25	\$177
150906-3I	13+	Th	7:15-8pm	1/15-3/26	\$177



## UKULELE 102-BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. Instrument rentals available. Note: \$15 material fee due at first class. *No Class Dates: Feb-3, Mar-3*

<b>Arthur Hopkins</b>		<b>Rodgers Seniors' Center</b>			
<b>151004-5A</b>	18+	Tu	10:45-11:45am	1/13-3/17	\$64
<b>151004-5B</b>	18+	Tu	7:45-8:45pm	1/13-3/17	\$64

## MUSIC

### GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

<b>McGrath Music</b>		<b>Edison Community Center</b>			
<b>151002-2A</b>	10+	Tu	7-8pm	1/13-3/3	\$125

### GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

<b>McGrath Music</b>		<b>Edison Community Center</b>			
<b>151001-2A</b>	10+	Tu	8:15-9:15pm	1/13-3/3	\$125

### GUITAR JAM BAND

Students will learn basic chords and scales, then utilize those fundamental tool to jam with each other while learning fun pop rock tunes.

<b>Gino Riccardi</b>		<b>City Gym and Pool</b>			
<b>151006-3A</b>	8-16 yrs	W	3-4pm	1/14-3/18	\$110
<b>151006-3B</b>	9-17 yrs	W	4-5pm	1/14-3/18	\$110

### 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! Instrument rentals available. Note: \$15 material fee due at first class. *No class 2/3, 3/3. No Class Dates: Feb-3, Mar-3*

<b>McGrath Music</b>		<b>Rodgers Seniors' Center</b>			
<b>151003-5A</b>	18+	Tu	9:30-10:30am	1/13-3/17	\$64
<b>151003-5B</b>	18+	Tu	6:30-7:30pm	1/13-3/17	\$64

## SPECIAL INTEREST

### BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Sandcastle Girls" by Chris Bohjalian 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 2/11, 3/11, 4/8, 5/13.*

<b>April Berg</b>		<b>Rodgers Seniors' Center</b>			
<b>151101-5A</b>	18+	W	7-9pm	2/11-5/13	\$30

### BEGINNING BRIDGE

New year means new beginnings. If learning bridge is something you have considered, make this year your time. Discussion, handouts, quizzes provided with time to play the game. Learn ways to communicate during bidding. Meet people like you anxious to learn while having fun. Partner not required.

<b>Rita Spira</b>		<b>Rodgers Seniors' Center</b>			
<b>151102-5A</b>	18 yrs+	M	2-4pm	1/12 - 3/16	\$54

### BRIDGE INTERMEDIATE 1

No longer a beginner? Know the basics? Want to learn more conventions and defensive play? This is the class for you. Discussion, handouts, quizzes available at each session. Learn Scoring, Stayman, Weak Twos, Two Clubs, Jacoby Transfer, Defense, Point count, Rule of 11, Pre-emptive bids, Blackwood and more.

<b>Rita Spira</b>		<b>Rodgers Seniors' Center</b>			
<b>151103-5A</b>	18+	Tu	2:30-4:30pm	1/13-3/17	\$54
<b>151103-5B</b>	18+	W	6:30-8:30pm	1/14-3/18	\$54

### CPR/AED FOR INFANTS, CHILDREN

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due at class. Includes Heartsaver CPR book.

<b>Megan Ameduri</b>		<b>Rodgers Seniors' Center</b>			
<b>151104-5A</b>	16+	Sa	9am-2pm	1/24-1/24	\$45
<b>151104-5B</b>	16+	Sa	9am-2pm	3/14-3/14	\$45

## SPORTS

## ADULT SPORTS LEAGUES

### ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

<b>The Rinks Westminster ICE</b>		<b>13071 Springdale, Westminster</b>			
<b>151312-1A</b>	17+	W	6:10-6:40pm	1/14-2/4	\$37
<b>151312-1B</b>	17+	W	6:10-6:40pm	2/18-3/11	\$37

### VOLLEYBALL: ADULT INDOOR CLINIC

Take your volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills.

<b>Volleyball Matthew Taylor</b>		<b>City Gym &amp; Pool</b>			
<b>Beginner/Low Intermediate</b>					
<b>15109-3C</b>	14+	Th	6:15-7:45pm	1/15-2/12	\$79
<b>15109-3D</b>	14+	Th	6:15-7:45pm	2/19-3/19	\$79
<b>Intermediate</b>					
<b>15109-3A</b>	16+	Th	7:45-9:45pm	1/15-2/12	\$89
<b>15109-3B</b>	16+	Th	7:45-9:45pm	2/19-3/19	\$89

### WOMEN'S VOLLEYBALL LEAGUE

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Fridays are for advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday & Thursday, but in-person only for Friday.

<b>Joann DiGiovanni</b>		<b>City Gym and Pool</b>			
<b>151302-3A</b>	18-80 yrs	Tu	9:30am-12:30pm	1/13-3/17	\$70
<b>151302-3B</b>	18-70 yrs	Th	9:30am-12:30pm	1/15-3/19	\$70
<b>151302-3C</b>	18-60 yrs	F	10:30am-12:30pm	1/16-3/20	\$99

## SURF AND SKATE

### BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.HBSurfSchool.com](http://www.HBSurfSchool.com)

<b>HB Surf School</b>		<b>City Beach</b>			
<b>151402-2A</b>	18+	Sa	10-11:30am	1/10-1/10	\$75
<b>151402-2B</b>	18+	Sa	10-11:30am	1/24-1/24	\$75
<b>151402-2C</b>	18+	Sa	10-11:30am	2/14-2/14	\$75
<b>151402-2D</b>	18+	Sa	10-11:30am	2/28-2/28	\$75
<b>151402-2E</b>	18+	Sa	10-11:30am	3/14-3/14	\$75
<b>151402-2F</b>	18+	Sa	10-11:30am	3/28-3/28	\$75

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063. *No Class Dates: Jan-19, Feb-16*

<b>Win Win Production Inc</b>		<b>City Gym and Pool</b>	
<b>162107-3A</b>	18+	M,W	6-10pm
		1/12-3/23	\$250

### ADULT SOFTBALL

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter 2015 season will begin the week of January 18, 2015 and continue for approximately eleven weeks. Men's teams play Monday, Tuesday, Thursday or Sunday. Coed teams play Wednesday or Sunday. Team registration costs are \$420.00 plus umpire fee. The umpire fee of \$15.00 is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/early afternoons and on Thursday nights. Senior Coed Leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested please call 714-523-23313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

**Deadline for registration is Friday, January 10, 2015.** Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available starting the week of December 1, 2014, at City Hall or on the City website. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be placed on an eligibility list made available to the team managers.

### ARENA SOCCER

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of January 19, 2015. Team registration costs are \$400.00 per 8-week season plus referee fees of \$20.00 per game paid directly to the official by each team. League play will be 6 v 6 including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, or on the City website. The first day of registration will be December 8, 2014, and the deadline is January 13, 2015.

<b>6 v 6 Men's Open League</b>	Monday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Rec League – 28 &amp; Over</b>	Tuesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Men's Open League</b>	Wednesday Nights	7pm, 8pm, 9pm
<b>6 v 6 Coed Rec League – 28 &amp; Over</b>	Thursday Nights	7pm, 8pm, 9pm
<b>6 v 6 Coed Open League</b>	Friday Nights	7pm, 8pm, 9pm