

Adult & Teen Classes

AQUA EVENING: AQUA-TONE AEROBICS

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.

AquaToneFitness, Dawnette Lowry City Gym Pool

4311.100 16yrs to Adult 1/11 - 3/15 5:30pm-6:30pm F \$81

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 1/21 and 2/18.

AquaToneFitness, Dawnette Lowry City Gym Pool

4314.100 16yrs to Adult 1/7 - 3/11 8:15am-9:25am M \$86

4314.101 16yrs to Adult 1/9 - 3/13 8:15am-9:25am W \$106

4314.102 16yrs to Adult 1/11 - 3/15 6:45am-8:00am F \$106

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 1/21 & 2/18.

Thurn, Debra City Gym Pool

4315.100 Adult 1/7 - 2/8 12:15pm-1:15pm M W F \$97

4315.101 Adult 2/11 - 3/15 12:15pm-1:15pm M W F \$104

4315.102 Adult 1/8 - 2/7 12:30pm-1:30pm Tu Th \$69

4315.103 Adult 2/12 - 3/14 12:30pm-1:30pm Tu Th \$69

AQUATIC EXERCISE: AQUA PILATES + TAI CHI

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. No class 1/21 & 2/18.

Thurn, Debra City Gym Pool

4574.100 Adult 1/7 - 3/13 1:15pm-2:00pm M W \$166

AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class 1/21 and 2/18.

AquaToneFitness, Dawnette Lowry City Gym Pool

4312.100 16yrs to Adult 1/7 - 3/13 7:00am-8:00am M W \$142

4312.101 16yrs to Adult 1/8 - 3/14 7:00am-8:00am Tu Th \$156

4312.102 16yrs to Adult 1/8 - 3/14 8:20am-9:20am Tu Th \$156

4312.103 16yrs to Adult 1/7 - 3/11 7:00am-8:00am M \$68

4312.104 16yrs to Adult 1/9 - 3/13 7:00am-8:00am W \$81

4312.105 16yrs to Adult 1/11 - 3/15 8:20am-9:20am F \$156

4312.106 16yrs to Adult 1/12 - 3/16 7:00am-8:00am Sa \$81



AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class 1/21 and 2/18.

AquaToneFitness, Dawnette Lowry City Gym Pool

4310.100 12yrs to Adult 1/7 - 3/11 5:30pm-6:30pm M \$61

4310.101 12yrs to Adult 1/9 - 3/13 5:30pm-6:30pm W \$75

4310.102 12yrs to Adult 1/7 - 3/13 5:30pm-6:30pm M W \$131

AQUATIC EXERCISE: FAT BURNING FRIDAYS

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

Thurn, Debra City Gym Pool

4313.100 Adult 1/11 - 3/15 11:15am-12:00pm F \$89

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. H₂O 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.

AquaToneFitness, Dawnette Lowry City Gym Pool

4525.100 16yrs to Adult 1/11 - 3/15 9:30am-10:15am F \$86

ART: ANATOMY AND LIFE DRAWING

Anatomy for artists, life drawing. All abilities welcome. Learn classical drawing of the human figure.

Lustig, Steven Art Center Multipurpose Room

4536.101 14yrs to Adult 1/10 - 3/7 6:00pm-7:30pm Th \$95*

*HBAC \$86

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. \$10 material fee due at first class.

Oquist, Courtney L Art Center Studio

4468.101 12yrs to Adult 1/9 - 2/27 6:00pm-7:45pm W \$101*

*HBAC \$91.50

ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided. Note: \$4 Material fee due at first class for 4 week class, \$8 material fee for 8 week classes.

Wong, Diana Rodgers Senior Center Hall D

4322.101 Adult 1/4 - 1/25 1:30pm-3:30pm F \$59

4322.102 Adult 2/1 - 2/22 1:30pm-3:30pm F \$59

4322.103 Adult 1/4 - 2/22 1:30pm-3:30pm F \$99

Parks & Recreation...

Build Friendships

...The Benefits Are Endless

Adult & Teen Classes

ART: DIGITAL PHOTOGRAPHY-BEGINNING

The beginning 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 and aesthetic skills and pursue your own photographic vision while using the digital camera of your choice.

Weston, Kurt T Art Center Multipurpose Room
4304.101 16yrs to Adult 1/18 - 2/22 3:30pm-5:30pm F \$91*
 *HBAC \$81

ART: 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.

Weston, Kurt T Art Center Multipurpose Room
4305.101 16yrs to Adult 1/18 - 2/22 1:00pm-3:00pm F \$91*
 *HBAC \$81

ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Materials List.

Kent, Pati L Art Center Studio
4302.101 12yrs to Adult 1/8 - 2/5 6:00pm-7:30pm Tu \$96*
4302.102 12yrs to Adult 2/12 - 3/12 6:00pm-7:30pm Tu \$96*
 *HBAC \$87

ART: INTRO TO CALLIGRAPHY – UNCIAL HAND

Students will explore the unique UNCIAL script used by monks of the Early ages to inscribe historical religious books such as the Book of Kells. The fundamentals of this script will be explored complimented by the modern script AKIM. A final project will focus on the integration of both "Hands." Modern and classic illuminations techniques will be introduced. Beginners welcome.

Factor, Andrea J Art Center Multipurpose
4507.101 21yrs to Adult 2/7 - 3/14 10:00am-12:15pm Th \$86*
 *HBAC \$78

ART: MYVU

Discover your own style and form of expression with a local artist and be exposed to various masters and mediums. Participants will create artworks inspired by a photograph or picture taken by themselves, family member or friend. The objective is to show one's own interpretation of what is seen. \$20 material fee due at first class.

Staff, Recreation Rodgers Senior Center Hall E
4550.100 Adult 1/10 - 3/14 6:00pm-7:30pm Th \$100

ART: OPEN STUDIO PAINTING

This class is an independent study for the intermediate student who is working on a new or existing painting. All subjects welcome, figure, portraits, landscape and still life. Work in a group atmosphere in our studio. Get individual one-to-one support and guidance to help you complete your project. Any wet medium welcome.

Moody, Gia Art Center Studio
4595.101 17yrs to Adult 1/12 - 2/16 12:00pm-1:30pm Sa \$101*
 *HBAC \$92

ART: PAINTING AND DRAWING STUDIO SESSION

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 at first class if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D
4814.101 Adult 1/8 - 2/5 8:30am-11:30am Tu \$35
4814.102 Adult 2/12 - 3/12 8:30am-11:30am Tu \$35

ART: PHOTOGRAPHY – LANDSCAPES AT THE BEACH

This class will show students how to get that professional looking landscape out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition in the fundamentals of landscape will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose Room
4586.101 Adult 1/12 - 1/26 3:00pm-5:00pm Sa \$75*
4586.102 Adult 2/9 - 2/23 3:00pm-5:00pm Sa \$75*
 *HBAC \$68

ART: PHOTOGRAPHY – PORTRAITS AT THE BEACH

This class will show students how to get that professional looking portrait out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition in the fundamentals of portraits will be covered. DSLR is suggested but not required. \$5 material fee due at first class.

Chambers, Randall Art Center Multipurpose Room
4597.101 Adult 1/9 - 1/23 3:30pm-5:30pm W \$75*
4597.102 Adult 1/30 - 2/13 3:30pm-5:30pm W \$75*
4597.103 Adult 2/20 - 3/6 4:00pm-6:00pm W \$75*
 *HBAC \$68

ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A live model will be used at times to introduce human facial structure and proportions, as well as establish basic concepts of lighting, value and composition. Materials List.

Moody, Gia Art Center Multipurpose Room
4505.101 17yrs to Adult 1/9 - 2/13 5:15pm-7:30pm W \$101
 *HBAC \$92

ART: SILVER CLAY WORKSHOP

Students will be able to learn several different skills while creating their own silver clay jewelry. Some of the techniques that we will be covering include: pendant, leaf pendant made with by silver, ring making with cz stones, syringe work, ring or pendant carving, and UV resin work. Material ** Repeating or returning students will be working on different projects.

Tang, Verona Art Center Project Room
3603.101 13yrs to Adult 1/9 - 2/13 6:00pm-7:30pm W \$120*
 *HBAC \$109

ART: WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the media. The class focuses on skills involved in watercolor painting such as materials, mixing paint, texture, value and composition. The class includes weekly demonstrations and critiques. Materials list.

LoSchiavo, Diana J Art Center Studio
4308.101 Adult 1/8 - 2/26 10:00am-1:00pm Tu \$111*
 *HBAC \$101

Register Online! www.hbsands.org

Adult & Teen Classes

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Night Circus" by Ein Morgenstern before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. Class meets 2/13, 3/13, 4/10, and 5/8. Berg, April

Rodgers Senior Center Hall D
4317.101 Adult 2/13 - 5/8 7:00pm-9:00pm W \$30

BRIDGE: BEGINNING

Bridge is considered the greatest card game of all. It can be a challenge but it will provide a lifetime of enjoyment. Come join the fun, meet great people, lecture, play, handouts and more. No class 1/21, 1/22, 2/18 and 2/19.

Spira, Rita L Rodgers Senior Center Hall E

4318.101 Adult 1/7 - 3/25 2:00pm-4:00pm M \$60
4318.102 Adult 1/8 - 3/26 6:30pm-8:30pm Tu \$60

BRIDGE: INTERMEDIATE 1

Know the basics but want to improve your game? Learn scoring, Stayman, Jacoby, Weak 2, defense, play of hand. No partner needed. No class 1/22 and 2/19.

Spira, Rita L Rodgers Senior Center Hall E

4319.101 Adult 1/8 - 3/26 2:30pm-4:30pm Tu \$60
4319.102 Adult 1/8 - 3/26 6:30pm-8:30pm Tu \$60

BRIDGE: INTERMEDIATE 2

Class starts with four rounds of fixed hands dealing with various conventions, discussion on how to play the hand. We cover defensive Stayman, Blackwood, Jacoby, 2 club opening, negative double and more. No partner required. No class week of 1/21 or 2/18.

Spira, Rita L Rodgers Senior Center Hall E

4320.101 Adult 1/9 - 3/27 6:30pm-8:30pm W \$60

CAKE DECORATING: BASICS BEGINNING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Mejia, Rebecca Murdy Community Center Hall C

4321.100 13yrs to Adult 1/8 - 1/29 6:00pm-8:00pm Tu \$50
4321.101 13yrs to Adult 2/5 - 2/26 6:00pm-8:00pm Tu \$50



CAKE DECORATING: FLOWERS AND CAKE DESIGNS

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class.

Mejia, Rebecca Murdy Community Center Kitchen

4481.100 13yrs to Adult 2/13 - 3/6 6:00pm-8:00pm W \$50

CAKE DECORATING: GUM PASTE AND FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Mejia, Rebecca Murdy Community Center Kitchen

4482.100 13yrs to Adult 2/21 - 3/14 6:00pm-8:00pm Th \$50

COMPUTERS: INTRO TO EXCEL

Learn how to use Microsoft Excel to create, edit, format, and print worksheets and workbooks. How to use formulas in worksheet, learn how to enter data, how to copy/paste/special paste data and much more.

Aryal, Binu Rodgers Senior Center Computer Lab

4599.100 Adult 2/4 - 2/11 6:45pm-9:15pm M \$75

COMPUTERS: INTRO TO WORD

Learn how to use Microsoft Word to create, edit, format, and print documents. Gain familiarity with the best practices for word processing, and experience hands-on instruction.

Aryal, Binu Rodgers Senior Center Computer Lab

4565.100 Adult 2/4 - 2/11 4:00pm-6:30pm M \$75

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 1/21 and 2/18.

Huntington Academy of Dance City Gym Room A

4487.100 13yrs to Adult 1/7 - 3/11 7:00pm-8:00pm M \$85

Huntington Academy of Dance 16601 Gothard St., Suite A

4326.100 13yrs to Adult 1/9 - 3/13 7:30pm-8:30pm W \$105

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class 1/21 and 2/18.

Fox, Kaylaa Edison Community Center Hall A

4328.100 16yrs to Adult 1/7 - 2/4 7:00pm-7:45pm M \$49

4328.101 16yrs to Adult 2/11 - 3/11 7:00pm-7:45pm M \$49

DANCE: BEGINNING BALLET FOR SENIORS

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. No class 1/21 and 2/18.

Huntington Academy of Dance Rodgers Senior Center Hall D

4494.100 Adult 1/7 - 3/11 12:30pm-1:30pm M \$65

Adult & Teen Classes

DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Eckart, Maruja		Murdy Community Center Hall C&D			
4329.100	12yrs to Adult	1/7 - 2/11	7:00pm-8:00pm	M	\$60
4329.101	12yrs to Adult	1/11 - 2/15	10:30am-11:30am	F	\$60

DANCE: COUNTRY LINE BEGINNING

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 material fee due at first class. No class 2/14.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4462.100	16yrs to Adult	1/10 - 1/31	6:15pm-7:00pm	Th	\$49
4462.101	16yrs to Adult	2/7 - 3/7	6:15pm-7:00pm	Th	\$49

DANCE: COUNTRY LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings....so in right now. No partner needed. \$2 material fee due at first class. No class 2/14.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4512.100	16yrs to Adult	1/10 - 1/31	7:00pm-7:45pm	Th	\$49
4512.101	16yrs to Adult	2/7 - 3/7	7:00pm-7:45pm	Th	\$49

DANCE: COUNTRY TWO STEP

Country Two Step PLUS and Cowboy Cha are the top 3 dance at country nightclubs and country events. You will learn all 3 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! No class 2/14.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4579.100	16yrs to Adult	1/10 - 1/31	7:45pm-8:30pm	Th	\$49
4579.101	16yrs to Adult	2/7 - 3/7	7:45pm-8:30pm	Th	\$49

DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required. No class 1/21 & 2/18.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4434.100	16yrs to Adult	1/7 - 2/4	7:45pm-8:30pm	M	\$49
4434.101	16yrs to Adult	2/11 - 3/11	7:45pm-8:30pm	M	\$49

DANCE: LATIN LINE "SIZZLE"

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba--set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill E		Rodgers Senior Center Hall A			
4524.100	Adult	1/8 - 2/5	4:30pm-5:25pm	Tu	\$35
4524.101	Adult	2/12 - 3/12	4:30pm-5:25pm	Tu	\$35

Foreman, Jill E		City Gym Room B			
4526.100	16yrs to Adult	1/12 - 2/9	10:45am-11:30am	Sa	\$35
4526.101	16yrs to Adult	2/16 - 3/16	10:45am-11:30am	Sa	\$35

Register Online! www.hbsands.org

No classes January 21 & February 18

DANCE: LINE DANCE LEVEL 1

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

Hazard, Sue A		Rodgers Senior Center Hall A			
4459.101	Adult	1/11 - 3/15	3:00pm-4:30pm	F	\$50

DANCE: 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.

Hazard, Sue A		Rodgers Senior Center Hall A			
4460.101	Adult	1/9 - 3/13	2:00pm-3:30pm	W	\$50

DANCE: LINE DANCE LEVEL 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.

Hazard, Sue A		Rodgers Senior Center Hall A			
4461.101	Adult	1/9 - 3/13	12:30pm-2:00pm	W	\$50

DANCE: POLYNESIAN BEGINNING

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

Seanoa, Melody A		Rodgers Senior Center Hall D			
4598.101	13yrs to Adult	1/10 - 2/7	6:00pm-7:00pm	Th	\$55
4598.102	13yrs to Adult	2/14 - 3/14	6:00pm-7:00pm	Th	\$55

DANCE: POLYNESIAN INTERMEDIATE

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

Seanoa, Melody A		Rodgers Senior Center Hall D			
4596.101	13yrs to Adult	1/10 - 2/7	7:00pm-8:00pm	Th	\$55
4596.102	13yrs to Adult	2/14 - 3/14	7:00pm-8:00pm	Th	\$55

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 material fee due at first class. No class 2/14.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4335.100	16yrs to Adult	1/10 - 1/31	8:30pm-9:15pm	Th	\$49
4335.101	16yrs to Adult	2/7 - 3/7	8:30pm-9:15pm	Th	\$49

DANCE: STREET DANCIN' PLUS

Developmentally disabled teens/young adults- Enjoy this 2- workshop class! Games, Self-esteem, friendship, music, dance, singing, acting, and sign language! No-pressure class; all about fun with a creative teacher. Families, join us for the last 20 minutes of the second class, only, for surprise!

Harrington Dewey, Cynthia		City Gym Room A			
4529.100	12yrs to Adult	3/6 - 3/13	4:30pm-7:00pm	W	\$45

Adult & Teen Classes

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.

Fox, Kaylaa Murdy Community Center Hall A
4339.100 16yrs to Adult 1/31 - 2/28 8:15pm-9:15pm Th \$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.

Fox, Kaylaa Murdy Community Center Hall A
4340.100 16yrs to Adult 1/31 - 2/28 7:15pm-8:15pm Th \$49

DANCE: SWING ADVANCED

Move way beyond the basics in 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.

Fox, Kaylaa Murdy Community Center Hall A
4341.100 16yrs to Adult 1/31 - 2/28 6:15pm-7:15pm Th \$49

DANCE: TAP ADULTS AND SENIORS 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 1/ 21 & 2/18 - make up classes on Thurs. 1/ 24 and Thurs. 2/ 21.

Roseth, Renee B Rodgers Senior Center Hall D
4342.101 Adult 1/7 - 3/18 5:00pm-6:00pm M \$160
4342.102 Adult 1/8 - 3/19 5:00pm-6:00pm Tu \$160

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught. No class 1/21 & 2/18.

Roseth, Renee B Rodgers Senior Center Hall D
4343.101 Adult 1/7 - 3/18 6:00pm-7:00pm M \$160
4343.102 Adult 1/9 - 3/20 2:30pm-3:30pm W \$160

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh!

Roseth, Renee B Rodgers Senior Center Hall D
4476.101 Adult 1/8 - 3/19 6:00pm-7:00pm Tu \$160

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 Picnic #1 Edison Community Center
4344.100 10yrs to Adult 2/19 - 2/26 8:30pm-9:15pm Tu \$26

DOG TRAINING: BEGINNING DOG OBEDIENCE

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 WITHOUT DOGS. Bring shot records and \$10 material fee due at first class (includes training manual).

Dog Services, Unlimited Murdy Community Center
4345.100 10yrs to Adult 1/24 - 3/14 7:00pm-8:00pm Th \$88

Dog Services, Unlimited Edison Community Center Picnic #1
4346.100 10yrs to Adult 1/15 - 3/5 7:30pm-8:30pm Tu \$88
4346.101 10yrs to Adult 1/30 - 3/20 6:00pm-7:00pm W \$88

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Dog Services, Unlimited Murdy Community Center
4352.100 10yrs to Adult 2/25 - 3/18 7:00pm-8:15pm M \$78

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards. No class 2/16.

Haney, Katherine Dog Park
4421.100 15yrs to Adult 1/12 - 3/9 9:00am-10:00am Sa \$85

DOG TRAINING: K9 WORK & PLAY

Challenge your dog with new commands, reinforce obedience basics and stimulate them with fun activities. Work on distance down and sits, drop on recall and progress to sit-stay and down-stay with handlers out of sight. Pre-requisite: beginning dog obedience. Dogs attend all meetings. Pre-registration required. Bring training collar, leash, long line, vaccination records and \$5 material fee at first class.

Dog Services, Unlimited Murdy Community Center
4581.100 10yrs to Adult 1/22 - 2/26 8:00pm-9:00pm Tu \$76

DOG TRAINING: 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 house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee at first class (includes training manual).

Dog Services, Unlimited Murdy Community Center
4580.100 10yrs to Adult 1/22 - 2/26 7:00pm-8:00pm Tu \$76

EBAY: BASICS OF SELLING

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 and on-line CEU's are available.

Krueger, David M Murdy Community Center Game Room
4353.100 13yrs to Adult 1/8 - 1/22 7:00pm-9:00pm Tu \$79

Adult & Teen Classes

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 exercise mat and medium-large sized fitness stability ball.

HB Pilates Murdy Community Center Hall B
4568.100 Adult 1/9 - 3/13 6:30pm-7:00pm W \$60

FITNESS: BOOT CAMP WORKOUT

Challenge your body and improve your fitness level with a mix of drills and strength work, including push-ups and core training. All fitness levels welcome! Compete only against yourself. Please bring a set of hand weights to class.

Grossman, Marianne Edison Community Center Hall A
4358.100 Adult 1/8 - 3/12 5:45pm-6:45pm Tu \$83

FITNESS: CARDIO SCULPT

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

Pridomirski, Joanne C Edison Community Center Hall A
4369.100 13yrs to Adult 1/8 - 3/14 8:45am-9:45am Tu Th \$76

FITNESS: CARDIO STEP AND 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 1/21 & 2/18.

Hardy, Susan S Edison Community Center Hall B
4371.100 13yrs to Adult 1/7 - 3/11 5:15pm-6:15pm M W F \$100
4371.101 13yrs to Adult 1/12 - 3/2 8:30am-9:30am Sa \$39

FITNESS: CARDIOFIT FOR SENIORS

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!

Grossman, Marianne Rodgers Senior Center Hall A
4816.101 50yrs + 1/8 - 3/15 9:00am-9:45am Tu F \$46

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$90 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$135 fee up to 3 family members, \$5 extra person.

Cardinal, Frances M Rodgers Senior Center Hall B
4386.101 3yrs to Adult 1/8 - 3/12 5:00pm-6:00pm Tu \$90
4386.102 3yrs to Adult 1/10 - 3/14 5:00pm-6:00pm Th \$90
4386.103 3yrs to Adult 1/8 - 3/14 5:00pm-6:00pm Tu Th \$135

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 and Step together and save. No class 1/21 & 2/18.

Hardy, Susan S Murdy Community Center Hall A
4363.100 13yrs to Adult 1/7 - 3/11 8:30am-9:15am M W F \$96
*4424.100 13yrs to Adult 1/7 - 3/11 8:30am-10:00am M W F \$116

FITNESS: HEAD TO TOE WORKOUT/STEPPING COMBO

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

Please see description for each class. No class 1/21 & 2/18.
Hardy, Susan S Murdy Community Center Hall A
4424.100 13yrs to Adult 1/7 - 3/11 8:30am-10:00am M W F \$116

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; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 1/21 & 2/18.

Wilker, Mary M City Gym Gymnasium
4364.100 Adult \$40 Monthly Pass
4364.101 Adult \$55 10 Classes
4364.102 Adult \$25 4 Classes

FITNESS: KICKBOXING AEROBICS

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

Fitness, Specialties Murdy Community Center Hall A
4360.100 13yrs to Adult 1/8 - 3/12 7:00pm-8:00pm Tu \$84

FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates Pilates, yoga and dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat. No class 1/21 & 2/18.

HB Pilates Murdy Community Center Hall B
4511.100 Adult 1/8 - 3/12 7:15pm-8:15pm Tu \$120

Edison Community Center Hall B
4513.100 Adult 1/7 - 3/18 7:30pm-8:30pm M \$108

City Gym Room A
4514.100 Adult 1/9 - 3/13 10:15am-11:15am W \$120
4514.101 Adult 1/10 - 3/14 7:15pm-8:15pm Th \$120
4514.102 Adult 1/11 - 3/15 9:00am-10:00am F \$120



Register Online! www.hbsands.org

Adult & Teen Classes

FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat. No class 1/21 & 2/18.

HB Pilates		Edison Community Center Hall B			
4365.100	Adult	1/7 - 3/18	6:30pm-7:30pm	M	\$99
4365.102	Adult	1/8 - 3/12	9:00am-10:00am	Tu	\$110
4365.103	Adult	1/11 - 3/15	10:15am-11:15am	F	\$110

		City Gym Room A			
4366.100	Adult	1/9 - 3/13	9:00am-10:00am	W	\$110
4366.101	Adult	1/10 - 3/14	6:00pm-7:00pm	Th	\$110

		Murdy Community Center Hall B			
4465.100	Adult	1/8 - 3/12	6:00pm-7:00pm	Tu	\$110
4465.102	Adult	1/12 - 3/16	9:00am-10:00am	Sa	\$110

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. No class 1/21, 1/22 & 2/18.

HB Pilates, Jill Hardwick		City Gym Room A			
4544.100	Adult	1/8 - 3/12	7:00pm-8:00pm	Tu	\$120

		Murdy Community Center Hall B			
4545.100	Adult	1/9 - 3/13	7:00pm-8:00pm	W	\$120
4545.101	Adult	1/12 - 3/16	10:15am-11:15am	Sa	\$120

		Edison Community Center Hall A			
4571.100	Adult	1/8 - 3/12	10:15am-11:15am	Tu	\$120

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.

Spidle, Georgia A		Edison Community Center Hall A			
4367.100	13yrs to Adult	1/7 - 3/15	9:00am-10:00am	M W F	\$75

Spidle, Georgia A		Murdy Community Center Hall A			
4368.100	13yrs to Adult	1/8 - 3/14	9:00am-10:00am	Tu Th	\$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 1/21 & 2/18.

Grossman, Marianne		Rodgers Senior Center Hall A & B			
4372.101	Adult	1/7 - 2/18	5:30pm-6:30pm	M	\$52

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.

Foreman, Jill E		Edison Community Center Hall A			
4446.100	16yrs to Adult	1/9 - 3/13	6:35pm-7:25pm	W	\$62

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music that utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements and easy to follow dance steps. For more information, visit www.ocbodybusiness.com.

Body, Business		Murdy Community Center Hall A			
4464.100	Adult	1/9 - 2/6	7:30pm-8:30pm	W	\$49
4464.101	Adult	2/13 - 3/13	7:30pm-8:30pm	W	\$49
4464.102	Adult	1/12 - 2/9	8:00am-9:00am	Sa	\$49
4464.103	Adult	2/16 - 3/16	8:00am-9:00am	Sa	\$49

FITNESS: ZUMBA - AGES 6 TO 96!

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!

Foreman, Jill E		Rodgers Senior Center Hall A			
4573.100	6yrs to 96yrs	1/8 - 2/5	6:00pm-6:55pm	Tu	\$34
4573.101	6yrs to 96yrs	2/12 - 3/12	6:00pm-6:55pm	Tu	\$34

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. No class 1/21 & 2/18.

Foreman, Jill E		Rodgers Senior Center Hall A & B			
4373.100	Adult	1/7 - 3/11	9:00am-9:55am	M	\$56
4373.101	Adult	1/12 - 3/16	9:00am-9:55am	Sa	\$68

FITNESS: 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. No class 1/21 & 2/18.

Foreman, Jill E		Edison Community Center Hall A			
4489.100	16yrs to Adult	1/7 - 3/11	5:45pm-6:30pm	M	\$59

FITNESS: ZUMBA TONING PLUS SENTAO

Revolutionize your workout with Zumba Toning plus Sentao! Using a chair as your dance partner, Sentao revitalizes your cardio workout with moves like you've never seen. Add in the power of Toning and you've got one calorie-torching, core strengthening, body sculpting fitness party! Suggested; light weights or Toning Sticks.

Foreman, Jill E		Edison Community Center Hall A			
4590.100	16yrs to Adult	1/9 - 3/13	5:45pm-6:30pm	W	\$62

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 STEP and HEAD TO TOE WORKOUT together and save. No class 1/21 & 2/18.

Hardy, Susan S		Murdy Community Center Hall A			
4370.100	13yrs to Adult	1/7 - 3/11	9:15am-10:00am	M W F	\$96
*4424.100	13yrs to Adult	1/7 - 3/11	8:30am-10:00am	M W F	\$116

Parks & Recreation...

Reduce Stress

...The Benefits Are Endless

Adult & Teen Classes

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 material fee due at first class.

Blades, Murnez
4400.101 Adult 1/10 - 2/28 4:15pm-5:15pm Th \$92
Rodgers Senior Center Hall E

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!

McGrath, Patrick
4587.100 10yrs to Adult 1/8 - 2/26 7:15pm-8:15pm Tu \$125
Edison Community Center Hall B

SURFING: 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

Sharp, Bill
4402.101 10yrs to Adult 1/5 10:00am-11:30am Sa \$75
4402.102 10yrs to Adult 1/19 10:00am-11:30am Sa \$75
4402.103 10yrs to Adult 2/2 10:00am-11:30am Sa \$75
4402.104 10yrs to Adult 2/16 10:00am-11:30am Sa \$75
4402.105 10yrs to Adult 3/2 10:00am-11:30am Sa \$75
4402.106 10yrs to Adult 3/16 10:00am-11:30am Sa \$75
Beach Service Center -south side of pier

SURFING: LEARN TO SURF

This is a four lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. 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.

Sharp, Bill
4403.101 10yrs to Adult 1/5 - 1/20 10:00am-11:30am Su Sa \$200
4403.102 10yrs to Adult 2/2 - 2/17 10:00am-11:30am Su Sa \$200
4403.103 10yrs to Adult 3/2 - 3/17 10:00am-11:30am Su Sa \$200
Beach Service Center -south side of pier

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 and flat-soled shoes. No class 1/ 21 & 2/ 18.

Pham, Elizabeth
4407.101 Adult 1/10 - 3/14 9:00am-10:30am Th \$65
4407.102 Adult 1/7 - 3/11 6:30pm-8:00pm M \$65
Rodgers Senior Center Hall B

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 and flat-soled shoes. No class 1/ 21 & 2/ 18.

Howe, Shona S
4499.101 Adult 1/10 - 3/14 9:00am-10:30am Th \$65
4499.102 Adult 1/7 - 3/11 6:30pm-8:00pm M \$65
Rodgers Senior Center Hall B

TAI CHI FOR WELLNESS: LEVEL 1

Relax, balance, and revitalize your body, mind and life force. Not a martial art of 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. 1st class FREE!

Walker, Donald D
4591.100 Adult 1/8 - 2/19 1:00pm-2:15pm Tu \$49
4591.101 Adult 1/8 - 2/19 6:00pm-7:15pm Tu \$49
Lake Park Clubhouse - 1035 11th Street

VOLLEYBALL: ADULT INDOOR CLINIC – INTERMEDIATE/ADV

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills.

Taylor, Matthew R
4583.100 Adult 1/8 - 2/5 7:15pm-9:15pm Tu \$89
4583.101 Adult 2/12 - 3/12 7:15pm-9:15pm Tu \$89
City Gym Gymnasium

WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced only: Women's competitive league play! Wednesday is for the beginning to intermediate player to refresh your skills of bumping, setting, spiking and serving.

DiGiovanni, Joann N K
4409.100 18yrs to 80yrs 1/8 - 3/12 9:30am-12:30pm Tu \$60
4409.101 18yrs to 90yrs 1/9 - 3/13 10:15am-11:45am W \$40
4409.102 18yrs to 80yrs 1/10 - 3/14 9:30am-12:30pm Th \$60
City Gym Gymnasium

YOGA WITH PARK YOGA GIRL: INDOORS

This indoor Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome. Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice 1/19.

Patire, Mary R
4560.100 13yrs to Adult 1/12 - 3/16 10:30am-11:30am Sa \$72
Edison Community Center Hall C&D

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
4594.101 17yrs to Adult 1/8 - 2/26 6:30pm-7:30pm Tu \$110
*HBAC \$100
Art Center Multipurpose Room

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class 2/13 & 2/20.

Pavesic, Diane M
4411.100 Adult 1/9 - 3/13 4:30pm-5:30pm W \$60
4411.101 Adult 1/9 - 3/13 5:45pm-6:45pm W \$60
4411.102 Adult 1/9 - 3/13 7:00pm-8:00pm W \$60
Edison Community Center Hall C&D

Register Online! www.hbsands.org

Adult & Teen Classes

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 2/18.

King, Jacki, CYT, RYT		Murdy Community Center Hall A			
4417.100	Adult	1/28 - 3/18	4:35pm-5:35pm	M	\$55
4417.101	Adult	1/23 - 3/20	4:00pm-5:00pm	W	\$68

Holden, Susan		Murdy Community Center Hall A			
4450.100	16yrs to Adult	1/28 - 3/18	6:00pm-7:00pm	M	\$55
4450.101	16yrs to Adult	1/28 - 3/18	7:15pm-8:15pm	M	\$55
4450.102	16yrs to Adult	1/15 - 3/12	5:30pm-6:45pm	Tu	\$68
4450.103	16yrs to Adult	1/18 - 3/8	4:00pm-5:00pm	F	\$60

YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. For anyone who wants to take it a little slower than a Gentle Yoga Class.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse, 17451 Zeider Ln			
4578.100	15yrs to Adult	1/12 - 3/16	10:15am-11:15am	Sa	\$116

YOGA: GENTLE YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertip to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. A good place to begin or reinforce your practice.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse, 17451 Zeider Ln			
4577.100	15yrs to Adult	1/12 - 3/16	9:00am-10:00am	Sa	\$116



No classes January 21 & February 18

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. 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. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera		S.A. Martial Art Center 18595 Brookhurst			
4509.100	15yrs to Adult	1/7 - 3/11	7:15pm-8:30pm	M	\$148
4509.101	15yrs to Adult	1/8 - 3/12	9:00am-10:15am	Tu	\$148
4509.102	15yrs to Adult	1/9 - 3/13	9:00am-10:15am	W	\$148
4509.103	15yrs to Adult	1/9 - 3/13	7:15pm-8:30pm	W	\$148

YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to be challenged in further developing their skills. Building on fundamentals for a stronger practice with addition of more complicated poses, longer holds and flowing with the breath. Limited to 12 students with personalized attention.

HelpYourHealth, RoxAnn Madera		S.A. Martial Art Center 18595 Brookhurst			
4576.100	15yrs to Adult	1/8 - 3/12	10:45am-12:00pm	Tu	\$148

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 10th Street and PCH. Please bring a yoga mat or towel.

Stevenson, Sarah		10th street & PCH			
4414.101	Adult	1/12 - 3/16	9:00am-10:00am	Sa	\$95

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class 2/14 or 2/21. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane M		Rodgers Senior Center Hall E			
4413.101	Adult	1/10 - 3/14	10:00am-11:00am	Th	\$60
4413.102	Adult	1/10 - 3/14	11:00am-12:00pm	Th	\$60

YOGA: CHAIR YOGA FOR SENIORS

All levels and abilities can enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. No class 1/21 or 2/18. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M		Rodgers Senior Center Hall D			
4817.101	50yrs +	1/7 - 3/11	10:00am-11:00am	M	\$60

