

TEEN / ADULT

AQUATIC FITNESS

For specific aquatic fitness start/end dates, call the City Gym & Pool at 714-960-8884.

AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

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

Questions: aquatonefitness@aol.com. No Class Dates: Jan 21, Feb 18.

Dawnette Lowry

City Gym & Pool

Monday, Wednesday & Saturday 7:00-8:00am

* Tuesday & Thursday 7:00-8:00am

* Friday 7:00-8:00am

Friday 8:20-9:20am

** Tuesday, Thursday & Friday 8:20-9:20am

	JANUARY	FEBRUARY	MARCH
M	150808-3A \$29	150808-3B \$29	150808-3C \$36
W	150808-3D \$36	150808-3E \$36	150808-3F \$36
*F	150808-3G \$29	150808-3H \$36	150808-3I \$43
F	150808-3J \$29	150808-3K \$36	150808-3L \$43
Sa	150808-3M \$29	150808-3N \$36	150808-3O \$43
M,W	150808-3P \$57	150808-3Q \$57	150808-3R \$66
Tu,Th*	150808-3S \$66	150808-3T \$66	150808-3U \$66
Tu,Th**	150808-3V \$66	150808-3W \$66	150808-3X \$66
M,W,F	150808-3Y \$80	150808-3Z \$80	150808-AA \$80

AQUA TONE FITNESS: AQUATIC BODYBUILDING

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 Dates: Jan 21, Feb 18.

Dawnette Lowry

City Gym & Pool

Monday & Wednesday 8:15-9:25am

	JANUARY	FEBRUARY	MARCH
M	150802-3A \$34	150802-3B \$34	150802-3C \$44
W	150802-3D \$44	150802-3E \$44	150802-3F \$44
M,W	150802-3G \$72	150802-3H \$72	150802-3I \$82

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 21, Feb 18.

Debra Thurn

City Gym & Pool

Monday, Wednesday & Friday 12:15 - 1:15 pm

Tuesday & Thursday 12:30 - 1:30 pm

	JANUARY	FEBRUARY	MARCH
M,W,F	150806-3A \$84	150806-3B \$84	150806-3C \$84
Tu,Th	150806-3D \$58	150806-3E \$58	150806-3F \$58

AQUA-FIT: FAT BURNING + AQUA CORE

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. This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. No Class Dates: Jan 21, Feb 18.

Debra Thurn & Jamie Fowler

City Gym & Pool

Monday & Wednesday 1:15-2pm

Friday 11am-12pm

	JANUARY	FEBRUARY	MARCH
M,W	150805-3A \$70	150805-3B \$70	150805-3C \$70
F	150805-3D \$45	150805-3E \$45	150805-3F \$45

AQUA TONE FITNESS: AQUA EVENING CARDIO

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 equipment necessary. Questions: aquatonefitness@aol.com. No Class Dates: Jan 21, Feb 18.

Dawnette Lowry

City Gym & Pool

Monday, Wednesday & Friday 5:30-6:30pm

	JANUARY	FEBRUARY	MARCH
M	150804-3A \$29	150804-3B \$29	150804-3C \$36
W	150804-3D \$36	150804-3E \$36	150804-3F \$36
F	150804-3G \$29	150804-3H \$36	150804-3I \$43
M,W	150804-3J \$59	150804-3K \$57	150804-3L \$66
M,W,F	150804-3M \$80	150804-3N \$80	150804-3O \$96

AQUA TONE FITNESS: AQUA FUNOODLE CLASS

Become one with the noodle in this very fast and challenging 45 minute shallow to deep water class. While this death by noodle is a lot of movement in the water, you make it what you want. We will take you from warm up, to work, and cool down by using a buoyancy noodle the entire class. It's a fun and wet way to stay in shape! Questions: aquatonefitness@aol.com. No Class Dates: Jan 21, Feb 18.

Dawnette Lowry

City Gym & Pool

Friday 9:30-10:15am

	JANUARY	FEBRUARY	MARCH
F	150821-3A \$29	150821-3B \$36	150821-3C \$43



Parks & Recreation
Enhance Opportunities
to Play



HUNTINGTON BEACH ART CENTER

...where art meets community

538 Main Street, Huntington Beach, CA 92648
(714) 374-1650 | artcenterstaff@surfcity-hb.org
www.huntingtonbeachartcenter.org

The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

Join Us and Make Art a Part of Your Family Life

Winter 2019 EXHIBITIONS

Centered on the Center 2019

An open call, non-juried exhibition, Centered on the Center features over 300 local and regional artists working in a variety of media. Artists are able to submit up to two works of art created in the last two years. All interested artists are invited to pick up a prospectus for guidelines to enter their work from the Art Center or from our website: www.huntingtonbeachartcenter.org. Information will be available after November 20, 2018. The art drop off weekend is January 5, 6, and 7, 2019.

- Exhibition dates: January 26 – March 9, 2019
- Opening Reception: January 26, 6 – 9 pm
- Art for Lunch: Thursday, February 14, 11:30am – 1:30pm

13th Annual Creative Visions Exhibition

The annual exhibition of student art presents works created by students from grades K-12 representing the Huntington Beach City School District, the Huntington Beach Union High School District and the Ocean View School District. A gala celebration of performing arts will be presented at the opening reception, featuring the HB City School district, followed by the HB Union High School district. The Ocean View School district will perform on Friday, April 5 from 5 – 8pm.

- Exhibition dates: March 29 - April 13, 2019
- Opening Reception: March 29, 5-9pm

Art Center Hours

Tuesday – Thursday 12:00 – 8:00 pm

Friday, 12:00 – 6:00 pm

Saturday, 12:00 – 5:00 pm

Phone: (714) 374-1650; FAX: (714) 374-5304

Web: www.huntingtonbeachartcenter.org

Administrative Office Hours

Monday – Friday 8:30 am – 5:30 pm

538 Main Street

Phone: (714) 374-1663

ART

ART: CARTOONING FOR TEENS

This fun and exciting class is designed for students who want to have fun with cartooning. We will draw caricatures, classic, and new cartoons. We will also study manga and anime. Come and join the fun!

Pati Kent

Rodgers Center

150108-5A	12-18 yrs	Th	4:30-5:30pm	1/10-1/31	\$70/64
150108-5B	12-18 yrs	Th	4:30-5:30pm	2/14-3/7	\$70/64

ART: DRAWING & PAINTING FOR TEENS

This fun class is designed for students who want to improve their drawing and painting skills. It is also designed for students who would like to work on their portfolio. We will include right brain exercises, warm ups, and assignments for sketchbooks. Students will have the opportunity to have their work included in a future art show. Please come prepared the first day with supplies and ready to work!!

Pati Kent

Rodgers Center

150112-5A	12-18 yrs	Th	3-4:15pm	1/10-1/31	\$70/64
150112-5B	12-18 yrs	Th	3-4:15pm	2/14-3/7	\$70/64

BEGINNING DIGITAL PHOTOGRAPHY I

This is the first of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required, only a desire to learn.

Rudy Poe Inc

HB Art Center

150109-4A	16 yrs +	F	4-5:30pm	1/18-2/1	\$66/60
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BEGINNING DIGITAL PHOTOGRAPHY II

This is the second of two 3-session classes that will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium itself as well as provide you with the basic technical skills required to better express yourself through the creation of images using the camera of your choice. No prior experience required, only a desire to learn. Beginning Digital Photography I a prerequisite.

Rudy Poe Inc

HB Art Center

150110-4A	16 yrs +	F	4-5:30pm	2/8-2/22	\$66/60
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BEYOND THE BRUSH

This course is designed to introduce a variety of watercolor painting techniques without the use of a watercolor brush. Learn from watercolor master painters how they splatter, spray, pour, and finger paint to create a dynamic painting. The class is recommended for intermediate to advanced painters.

Eileen McCullough

HB Art Center

150123-4A	18 yrs +	Th	9:30am-12pm	1/10-3/14	\$156/141
150123-4B	18 yrs +	Th	12:30-3pm	1/10-3/14	\$156/141

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

Senior Center Volunteer **Senior Center in Central Park**
150120-5A 18 yrs + W 10:30-11:30am 1/16-3/20 \$10

CHINESE BRUSH PAINTING

This class is for students with minimal experience, allowing them to learn basic techniques, including how to handle the Chinese painting brush with ink, water, and color, and how to execute brush strokes professionally as well as to develop skills to draw different subjects. Students will get a hands-on opportunity to create an evocative brush painting.

Lily Su **HB Art Center**
150174-4A 13 yrs + Sa 9:30am-12:30pm 1/12-2/2 \$86/78
150174-4B 13 yrs + Sa 9:30am-12:30pm 2/23-3/16 \$86/78
 Walk-In \$25/session

CREATIVE WRITING

Do you have a half-finished novel, great family stories or an idea for children's book, short story or screenplay? Commit to your creativity and complete your project with guidance from a former magazine editor. New to creative writing? This class will help you begin. Open to all levels of experience. More info: YourProfessorD@gmail.com.

Dorothy Spirus **HB Art Center**
150144-4A 18 yrs + Tu 6:30-8pm 1/22-2/26 \$175/158

CREATIVE WRITING JUMPSTART

You want to write, but don't know where to start. Begin with a morning of guided writing exercises and tips on how to put your ideas into motion for books, scripts, short stories, poetry, and non-fiction. We'll discuss structure, technique, characters, and conflict. This one-day intensive class, taught by a published writer and former magazine editor, will encourage both the novice and experienced writer. Bring writing supplies. More information, YourProfessorD@gmail.com.

Dorothy Spirus **HB Art Center**
150198-4A 16 yrs + Sa 2-5pm 1/19 \$75/68

DOCUMENTARY FILMMAKING

This workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This 4-hour workshop is a general overview of production and storytelling techniques, from start to finish including development, research, writing, production, editing, and finishing. The class is taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

Rudy Poe Inc **HB Art Center**
150159-4A 16 yrs + Sa 12:30-4:30pm 1/26 \$66/60

DRAWING & PAINTING 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 provided on registration receipt.

Pati Kent **HB Art Center**
150103-4A 18 yrs + Tu 2:30-4:15pm 1/8-1/29 \$86/78
150103-4B 18 yrs + Tu 2:30-4:15pm 2/12-3/5 \$86/78

GLASS MOSAIC ON STONE

Learn the art of mosaic in this beginner and intermediate class. Students will learn how to draw a simple design, cut glass, and create a mosaic on a garden rock. \$25 materials fee due first class.

Anne Marie Price **HB Art Center**
150141-4A 13 yrs + F 12:30-2:15pm 1/11-2/8 \$125/113
150141-4B 13 yrs + F 12:30-2:15pm 2/22-3/22 \$125/113

INTRO TO WATERCOLOR

The beginning or returning artist will build skills through experiencing a variety of watercolors (tube, sticks, and pencil), materials (absorbent grounds, watercolor medium, and varnish), techniques (i.e. color language, perspective), and 8 basic types of application methods.

Marilyn Oropeza **HB Art Center**
150125-4A 18 yrs + W 9:30am-12:30pm 1/9-2/6 \$96/87
150125-4B 18 yrs + W 9:30am-12:30pm 2/20-3/20 \$96/87

INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation-based painting. Instruction will be given on preparation of materials, painting process, composition, and technique. The smaller class size is meant to prioritize one-on-one instruction.

Jose Loza **HB Art Center**
150135-4A 15 yrs + Tu 6-7:45pm 1/8-2/5 \$151/136
150135-4B 15 yrs + F 2:45-5:45pm 2/15-3/15 \$186/168

INTERMEDIATE ACRYLIC PAINTING

This course is designed to explore advanced techniques in acrylic painting with an emphasis on content, composition, technique, and color harmony. Students will get the opportunity to experiment and work on personal projects, learn illustrative techniques, work from photographs or observation. The smaller class size and extended hours are meant to prioritize one-on-one instruction.

Jose Loza **HB Art Center**
150152-4A 15 yrs + F 2:45-5:45pm 1/11-2/8 \$186/168
150152-4B 15 yrs + Tu 6-7:45pm 2/12-3/12 \$151/136

Register Online! www.hbsands.org



iPHONE PHOTOGRAPHY

Learn to use the camera that's always with you. Whether it's for travel, business, family, or fun with friends, this class will teach you how to use your iPhone to create gorgeous iPhone photographs that are so much more than simply snapshots.

Rudy Poe Inc

HB Art Center

150176-4A 16 yrs + F 2-3:30pm 1/18-2/1 \$86/78



IMAGINATION & CREATIVITY

Imagination and creativity are the foundation of all artistic endeavors. This class will teach you how to tap into your natural talents and enrich your creative work and life in general. Emmy Award winning documentary filmmaker Rudy Poe brings with him interviews he shot with the world's foremost experts in the subject. Together they speak about the importance of curiosity, risk, failure, flow, and how imagination and creativity are uniquely human and integral to happiness and wellbeing. This class is for everyone.

Rudy Poe Inc

HB Art Center

150178-4A 16 yrs + Sa 1-2:30pm 1/19 \$26/24

LEARNING TO SEE

Whether you're interested in photography, painting, or image creation of any kind, this class is designed to increase your visual awareness of the world around you and help you better express yourself through the images you create. We will exercise your mind and imagination as we get back to the basics and explore shape and color, rhythm and patterns, depth and perspective, and light and shadow.

Rudy Poe Inc

HB Art Center

150182-4A 16 yrs + F 2-3:30pm 2/15 \$26/24

LETTERFORMS & TYPOGRAPHY

Letterforms play an integral role in all of our lives. They not only form the words we read but through the art of typography we can bring added dimension and meaning to the letters and words themselves. In this class we will learn about the various letterforms, how they communicate visually to us and how they can be combined, arranged, and integrated into your art and designs.

Rudy Poe Inc

HB Art Center

150188-4A 16 yrs + Sa 3-4:30pm 1/19 \$26/24

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

Senior Center Volunteer

Senior Center in Central Park

150113-5A 18 yrs + W 10:30-11:30am 1/23-2/27 \$10

OIL PAINTING ESSENTIALS

A beginning oil painting class for students new to painting and those who wish to refresh their knowledge of the fundamentals. The class will emphasize materials and paint handling, creating form through light and shadow, and color basics. Oils and Water-Mixable Oils are acceptable.

Jim Ellsberry

HB Art Center

150104-4A 18 yrs + W 5-7:30pm 1/9-2/6 \$135/122

150104-4B 18 yrs + W 5-7:30pm 2/20-3/20 \$135/122

OIL PAINTING – COLOR PERSPECTIVE & THE LANDSCAPE

This intermediate class will help you identify and mix colors to achieve perspective (depth). Concepts include clarifying color values, abstract concept of "push and pull" with color, design and composition, and mixing colorful grays to unite the painting. Students work from their own photos or instructor photos. *No Class Dates: Jan-21.*

Jim Ellsberry

HB Art Center

150114-4A 18 yrs + M 1:30-4pm 1/7-2/11 \$135/122

150114-4B 18 yrs + M 1:30-4pm 2/25-3/25 \$135/122

PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome! \$25 materials fee for new students.

Marilyn Oropeza

Senior Center in Central Park

150115-5A 18 yrs + Tu 8-11:30am 1/8-2/5 \$40

150115-5B 18 yrs + Tu 8-11:30am 2/12-3/19 \$45

PHOTOGRAPHY: CRITIQUE & CONVERSATION

This class provides the opportunity for intermediate and advanced students of photography to gather weekly and share their work and learn from each other. Commercial and fine art photographer and filmmaker Rudy Poe, MFA, moderates the critique sessions and leads conversations about a variety of technical and creative aspects of the photographic medium.

Rudy Poe Inc

HB Art Center

150180-4A 16 yrs + F 12-1:30pm 1/18-2/1 \$66/60

150180-4B 16 yrs + F 12-1:30pm 2/8-2/22 \$66/60

STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing.

Marilyn Oropeza

Senior Center in Central Park

150149-5A 18 yrs + Tu 11:30am-2:45pm 1/8-2/5 \$40

150149-5B 18 yrs + Tu 11:30am-2:45pm 2/12-3/19 \$45

TRADITIONAL HAWAIIAN APPLIQUE

Fun, popular class to learn needleturn hand applique and hand quilting. Create a quilted pillow top using a Hawaiian design and colorful fabric which can be made into a decorative pillow/wall hanging. Enjoy a relaxed atmosphere for hand stitching, community and conversation while learning a beautiful new craft.

Senior Center Volunteer

Senior Center in Central Park

150165-5A 18 yrs + W 3-4pm 1/9-3/20 \$6

TRAVEL PHOTOGRAPHY

Learn to tell visual stories of all the places you go. The class is taught by an Emmy Award winning documentary filmmaker and professional photographer who will show you how to create compelling images from your travels whether they be nearby or far far away.

Rudy Poe Inc **HB Art Center**
150118-4A 16 yrs + F 2-3:30pm 2/8 \$26/24

WATERCOLOR PAINTING

This class is for intermediate 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. Bring source material. Materials list will be supplied on first day of class. If you already have supplies please bring them. If you have no supplies, some will be provided on the first day only.

Diane Merrill **HB Art Center**
150116-4A 18 yrs + Tu 9:30am-12:30pm 1/8-2/26 \$150/136

COMPUTERS

ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers.

Joel Lander **Senior Center in Central Park**
150220-5A 18 yrs + Th 10am-12pm 1/17-1/24 \$54
150220-5B 18 yrs + F 10am-12pm 2/8-2/15 \$54
150220-5C 18 yrs + Sa 10am-12pm 3/16-3/23 \$54

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. \$5 suggested donation is due at first class.

Senior Center Volunteer **Senior Center in Central Park**
150200-5A 18 yrs + Tu 10am-12:30pm 2/5-2/26 \$15

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

Joel Lander **Senior Center in Central Park**
150205-5A 18 yrs + F 9am-12pm 1/4-1/18 \$82
150205-5B 18 yrs + Th 9am-12pm 3/7-3/21 \$82



Parks & Recreation
Stimulate the Mind

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.

Joel Lander **Senior Center in Central Park**
150201-5A 18 yrs + Sa 9am-12pm 1/26 \$42
150201-5B 18 yrs + F 9am-12pm 2/22 \$42
150201-5C 18 yrs + Sa 9am-12pm 3/9 \$42

GMAIL AND THE GOOGLE CALENDAR

Comprehensive instructions on the use of Google's outstanding E-mail & calendar for computers, phones and tablets. Setup, organize and use both programs. Synchronize them on all you devices (PCs, Android & Apple). Learn how these programs talk to each other and Google Maps so you can organize your time and communication. One 3-hour class, handouts included. (Although this class includes phones & tablets it is NOT a class purely on their use).

Joel Lander **Senior Center in Central Park**
150228-5A 18 yrs + Sa 9am-12pm 1/19 \$42
150228-5B 18 yrs + Th 9am-12pm 2/28 \$42

HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

Joel Lander **Senior Center in Central Park**
150212-5A 18 yrs + F 10am-12pm 1/25-2/1 \$54
150212-5B 18 yrs + Sa 10am-12pm 2/16-2/23 \$54
150212-5C 18 yrs + F 10am-12pm 3/1-3/8 \$54
150212-5D 18 yrs + TBD \$54

HOW TO PROTECT YOURSELF FROM CYBERCRIME

The best time to fight fraud is before it happens. Identity thieves are after your personal information, so what exactly is personal information and where do they look for it? How can we protect ourselves using all of our devices? We will also explain how to create strong passwords and tell you about the latest scams. *No Class Dates: Jan-21.*

Marga Dill **Senior Center in Central Park**
150217-5A 55 yrs + M 11:15am-12:15pm 1/7-2/4 \$54



INTERNET TIPS FOR TRAVEL

Tourism is an information-intense industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after. *No Class Dates: Jan-21.*

Marga Dill **Senior Center in Central Park**
 150221-5A 55 yrs + M 10-11am 1/7-2/4 \$54

MICROSOFT WORD: LEVEL 1

Get started familiarizing with Tabs and associated Ribbons. Learn to text size Word document/internet articles/e-mail to make them more readable. Topics include creating Word documents, save, retrieve, edit, and delete document. By class end, with hands-on exercises you will learn the essential buttons commonly used to format your document, to paragraph align, to line space, select techniques, cut/copy/paste, spelling and grammar, use of the thesaurus, and more. Prerequisite: Basic computer skills a plus.

Senior Center Volunteer **Senior Center in Central Park**
 150209-5A 18 yrs + W 8:30-11:30am 3/6-3/27 \$15

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

Joel Lander **Senior Center in Central Park**
 150210-5A 18+ yrs Th 9am - 12pm 2/7 - 2/14 \$72

PHOTOS BY GOOGLE

A 3-hour introductory class about the Google Photo application. The application stores and synchronizes all your photos with your phones, tablets and computers. Learn the search, grouping and photo enhancement features. Find out about unlimited free storage of your photos. Discuss the pros & cons of this new system. If you take photos you need this! Class notes included.

Joel Lander **Senior Center in Central Park**
 150214-5A 18 yrs + Th 9am-12pm 1/10 \$42
 150214-5B 18 yrs + Sa 9am-12pm 2/9 \$42
 150214-5C 18 yrs + W 1-4pm 2/13 \$42
 150214-5D 18 yrs + Sa 9am-12pm 3/2 \$42
 150214-5E 18 yrs + F 9am-12pm 3/15 \$42

SMARTPHONES: ADVANCED

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together. *No Class Dates: Jan-21.*

Marga Dill **Senior Center in Central Park**
 150224-5A 55 yrs + M 1-2pm 1/7-2/4 \$54

SMARTPHONES: BEGINNERS

This class is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery. *No Class Dates: Jan-21.*

Marga Dill **Senior Center in Central Park**
 150227-5A 55 yrs + M 2:15-3:15pm 1/7-2/4 \$54

SPECIAL COMPUTER PROGRAMS FOR SENIORS

A presentation of computer programs particularly useful for seniors (may also be used in smart phone/tablets). A survey of Facebook, YouTube, Skype, Gmail, PayPal, Kindle, Free online Library Books, Pandora, Luminosity and more. Introductory instructions on how to find, obtain and use these free applications. Ask questions, get answers. Class notes included.

Joel Lander **Senior Center in Central Park**
 150229-5A 18 yrs + Sa 9am-12pm 1/12 \$42
 150229-5B 18 yrs + W 9am-12pm 1/30 \$42
 150229-5C 18 yrs + Th 9am-12pm 2/21 \$42
 150229-5D 18 yrs + F 9am-12pm 3/22 \$42

COOKING

CAJUN & CREOLE

Celebrate Fat Tuesday with your friends!! You will learn to make all the dishes authentic to having a Fat Tuesday Party: Sausages and Chicken Gumbo, Red Beans and rice, Southern Greens, Shrimp Etouffee, Crab Cakes, Blackened Red Fish Hushpuppies and of course Key Lime Pie. You will also take home lots more recipes. Come hungry and with a \$15 materials fee.

April Berg **Edison Community Center**
 150308-2A 18 yrs + Tu 6:15-9:15pm 2/12 \$35

VEGETARIAN, VEGAN & GLUTEN FREE

Start the New Year with a healthy lifestyle. In this class, you learn how to prepare healthy meals that are delicious and plant based. You will learn to make substitutions for meat proteins with vegetable and legumes. Learn how to enhance meals with spices and herbs and reduce salt. You will take home lots of recipes that aren't demonstrated in the class also. Come hungry and with a \$15 materials fee.

April Berg **Edison Community Center**
 150307-2A 18 yrs + Tu 6:15-9:15pm 1/8 \$35

VICTORIAN TEA

Do you have a Shower or Party to host? You will be learning how to host and prepare a Victorian Tea. This is a hand on class making a variety of finger sandwiches and filling, lemon curd, scones and a variety of deserts. Also you learn the basics of a tea party etiquette. You will also take home lots more recipes. Come hungry and with a \$15 materials fee.

April Berg **Edison Community Center**
 150310-2A 18 yrs + Tu 6:15-9:15pm 3/12 \$35



Parks & Recreation...
Teach Vital Life Skills

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-21, Feb-18.*

Huntington Academy of Dance **City Gym and Pool**
150442-3A 13 yrs + M 7-8pm 1/7-3/11 \$85

Huntington Academy of Dance **6491 Edinger Ave**
150442-1A 13 yrs + W 7:30-8:30pm 1/9-3/13 \$105

ALL LEVEL SWING BASICS

Learn how to own the dance floor with this dynamic class! Swing is one of the most popular social dances, and you will learn some exciting new moves to last a lifetime! And to top it all, we make learning fun. No partner needed. Come join us! Taught by Mandy Mykitta.

Definitely Dance **Senior Center in Central Park**
150458-5A 16 yrs + Th 5-6pm 1/10-2/7 \$35
150458-5B 16 yrs + Th 5-6pm 2/21-3/21 \$35

BALLROOM DANCE BASICS

Never be a wall-flower again. From Waltz to the Salsa, we'll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed. Taught by Mandy Mykitta.

Definitely Dance **Senior Center in Central Park**
150441-5A 16 yrs + Th 7-8:30pm 1/10-2/7 \$35
150441-5B 16 yrs + Th 7-8:30pm 2/21-3/21 \$35

BALLROOM DANCE BASICS LEVEL 2

Never be a wall-flower again. From Waltz to Salsa, we'll teach you how to own any dance floor! Designed for those with some ballroom experience or who have completed at least one Ballroom Dance Basics session, our dynamic steps and techniques will last a lifetime and we make learning fun! No partner needed. Taught by Mandy Mykitta.

Definitely Dance **Senior Center in Central Park**
150459-5A 16 yrs + Th 6-7pm 1/10-2/7 \$35
150459-5B 16 yrs + Th 6-7pm 2/21-3/21 \$35

BALLROOM & COUNTRY LINE DANCE

Line Dancing is a great way to learn the basics of a variety of dances, without needing a partner! You can learn everything from the Waltz to the Hustle, & even some country moves. Whether you're looking for a fun new hobby, a place to meet some new friends, or a way to stay active, dancing is a great way to go!

Amanda Mykitta **Edison Community Center**
150462-2A 16 yrs + Tu 6-7pm 1/8-2/5 \$35
150462-2B 16 yrs + Tu 6-7pm 2/19-3/19 \$35

BALLET & BALLET STRETCH 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 Dates: Jan-21, Feb-18.*

Huntington Academy of Dance **6491 Edinger Ave**
150426-1A 50 yrs + M 12:30-1:30pm 1/7-2/11 \$49
150426-1B 50 yrs + M 12:30-1:30pm 2/18-3/25 \$49

CREATIVE MOVEMENT & CHOREOGRAPHY

Your body has a unique, powerful voice. Learn to create choreography and translate your words into movement. Classes include creative movement exercises designed to allow you to discover your own embodied dance vocabulary. Enjoy the fun, stimulating process that will allow you to transform your thoughts into meaningful dance pieces.

Angela Kaiser **Rodgers Center**
150463-5A 13-19 yrs Tu 4-5:15pm 1/8-2/5 \$81/73
150463-5B 13-19 yrs Tu 4-5:15pm 2/19-3/19 \$81/73

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. Hosted by MICHAEL and OLIVIA LAI. *No Class Dates: Jan-21, Feb-18.*

Kaylaa Fox **Murdy Community Center**
150423-1A 16 yrs + Th 8:15-9:15pm 1/17-2/14 \$35
150423-1B 16 yrs + Th 8:15-9:15pm 2/21-3/21 \$35

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. Hosted by MICHAEL and OLIVIA LAI. *No Class Dates: Jan-21, Feb-18.*

Kaylaa Fox **Murdy Community Center**
150424-1A 16 yrs + Th 7:15-8:15pm 1/17-2/7 \$35
150424-1B 16 yrs + Th 7:15-8:15pm 2/21-3/14 \$35



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. Hosted by MICHAEL and OLIVIA LAI. *No Class Dates: Jan-21, Feb-18.*

Kaylaa Fox

150422-1A	16 yrs +	Th	6:15-7:15pm	1/17-2/7	\$35
150422-1B	16 yrs +	Th	6:15-7:15pm	2/21-3/14	\$35

Murdy Community Center

LINE DANCE 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. Prerequisite: Experience doing Level 1 dances.

Linda Anderson Maarleveld

Senior Center in Central Park

150460-5A	18 yrs +	Th	2-3pm	1/10-3/21	\$61
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LINE DANCE NEW BEGINNER

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.

Suzu Hazard

Senior Center in Central Park

150419-5A	18 yrs +	F	2-3pm	1/11-3/22	\$60
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LINE DANCE NEW BEGINNER

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.

Linda Anderson Maarleveld

Senior Center in Central Park

150450-5A	18 yrs +	Tu	2:30-3:30pm	1/8-3/19	\$61
150450-5B	18 yrs +	Tu	4-5pm	1/8-3/19	\$61

LINE DANCE 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: Know basic cues & steps from New Beginner Class.

Suzu Hazard

Senior Center in Central Park

150420-5A	18 yrs +	F	3:15-4:30pm	1/11-3/22	\$60
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LINE DANCE 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%

Linda Anderson Maarleveld

Senior Center in Central Park

150453-5A	18 yrs +	W	7-8:30pm	1/9-3/20	\$83
150453-5B	18 yrs +	Th	3:30-4:30pm	1/10-3/21	\$61

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. Prerequisite: Experience doing Level 1 dances.

Suzu Hazard

Senior Center in Central Park

150428-5A	18 yrs +	W	2:45-4:15pm	1/9-3/20	\$60
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LINE DANCE LEVEL 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. Prerequisite: Experience doing basics plus more difficult dances. *No Class Dates: Jan-21, Feb-18.*

Suzu Hazard

Senior Center in Central Park

150433-5A	18 yrs +	M	3:15-4:45pm	1/7-3/18	\$50
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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. Prerequisite: Have experience doing more difficult dances.

Suzu Hazard

Senior Center in Central Park

150434-5A	18 yrs +	W	1-2:30pm	1/9-3/20	\$60
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SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we'll teach you all the moves you need to own any dance floor! *No Class Dates: Jan-21, Feb-18.*

Definitely Dance

Murdy Community Center

150455-1A	14 yrs +	W	7-8pm	1/9-3/13	\$30
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SWING AND SALSA BASICS

Swing and Salsa are some of the most popular social dances out there. Come learn the basics of these dynamic dances so that you can own the dance floor. Dance classes are a great place to meet new friends, get a workout in, and have some fun – come join us! No partner needed.

Amanda Mykitta

Edison Community Center

150461-2A	16 yrs +	Tu	7-8pm	1/8-2/5	\$35
150461-2B	16 yrs +	Tu	7-8pm	2/19-3/19	\$35

RUMBA FLAMENCA

This form of flamenco is performed worldwide, especially on the streets in Barcelona, where the instructor lived and danced. Complex footwork is not required – this fast-paced, fun style is suitable for all levels. Learn the basics while enjoying the movement with follow-along choreography to great rumba catalana music.

Angela Kaiser

Rodgers Center

150464-5A	13-19 yrs	Tu	5:30-6:30pm	1/8-2/5	\$81/73
150464-5B	13-19 yrs	Tu	5:30-6:30pm	2/19-3/19	\$81/73

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 held WITHOUT DOGS. Bring shot records. \$10 materials fee (includes training manual).

Dog Services Unlimited **Edison Community Center**
150504-2A 10 yrs + Tu 7-8pm 1/22-3/5 \$98

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Discussions of various bad habits will be included! Dogs attend all meetings. Bring shot records and \$5 materials fee to first lesson. Pre-registration is required. *No Class Dates: Jan-21, Feb-18.*

Dog Services Unlimited **Murdy Community Center**
150506-1A 10 yrs + Th 6:30-7:45pm 2/21-3/14 \$86

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 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. *No Class Dates: Feb-23.*

Surf City Flyball **Goldenwest/Slater**
150507-1A 18 yrs + Sa 9-10am 1/12-3/9 \$95

FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: Jan-21, Feb-18, Feb-23.*

Surf City Flyball **Goldenwest/Slater**
150508-1A 18 yrs + Sa 10:30-11:30am 1/12-3/9 \$95

DOG – FRISBEE: CATCH THE FUN!

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee (includes Frisbee). Class meets on grass near Dog Park, Edwards & Inlet Drive.

Dog Services Unlimited **Edwards Street & Inlet Drive**
150509-1A 10 yrs + Su 3:30-5pm 1/20 \$29



EDUCATIONAL

AGING IN PLACE: NEW TECHNOLOGIES TO GROW OLD WITH

90 percent of seniors would like to stay in their home as they age. This idea of aging in place—staying independent where you already live, is possible with assistive technology that can help you live in your home with ease and safety. We explain the technologies that are available and what is in it for you to start using them.

Marga Dill **Senior Center in Central Park**
150624-5A 55 yrs + Th 2:45-4:15pm 1/10 \$26
150624-5B 55 yrs + Th 2:45-4:15pm 1/24 \$26
150624-5C 55 yrs + Th 2:45-4:15pm 2/7 \$26

BEHIND THE CLASSICS

"Behind the Classics" presents educational talks and screenings of classic films from the 1930s to the late 1970s. Each class session of "Behind The Classics" will show a movie in its entirety and share the fascinating details of the film. Screenings are preceded by a 30-minute informative discussion about the film, which includes its origins, the script, casting, production, audience reaction, box office sales, and the legacy of the film. All presentations are augmented with stills in a PowerPoint presentation illustrating the details of the discussion.

Theo Siegel **Senior Center in Central Park**
150627-5A 16 yrs + Tu 5:30 - 8:30pm 1/29 \$16

CPR + AED-ADULT, CHILD, AND INFANT

Don't miss a beat and increase the number of people "Stayin' Alive". An additional \$24 fee for the American Heart Association workbook and 2- year course completion card is payable to the instructor, Healthy U. Not a class for medical providers. Advance registration is required.

Healthy U **Murdy Community Center**
151104-1A 11 yrs + Tu 5:30-9pm 2/5 \$59

CONVERSATIONAL SPANISH

Learn how to engage your Spanish conversations. The focus is on speaking about daily actions, travels, experiences. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$30 materials fee is payable to the instructor. *No Class Dates: Jan-21, Feb-18.*

Portal Languages **City Gym and Pool**
150619-3A 18 yrs + M 5-6pm 1/7-3/11 \$160

ENGLISH AS A SECOND LANGUAGE (ESL)

Bienvenido al curso de enriquecimiento de inglés como segundo idioma (ESL), diseñado para personas que no son nativas y con conocimientos básicos del idioma inglés. La formación lingüística le ayudará a sentirse cómodo con la lengua y se sentirá seguro de conversar en inglés en situaciones cotidianas y entornos de trabajo. \$20 cuota debida al instructor a la primera clase para cubrir el costo del libro.

Portal Languages **City Gym and Pool**
150620-3A 18 yrs + W 6-7pm 1/9-2/27 \$160

BEGINNING FRENCH 1

Beginners learn French with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak French from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$20 materials fee due at the first class.

Portal Languages **Senior Center in Central Park**
150608-5A 18 yrs + Tu 3:30-4:30pm 1/22-3/12 \$180

BEGINNING FRENCH 2

Beginners French 2 is a continuation for students who completed the French 1 series. The continuation will keep focusing on vocabulary development, key grammatical structures, and use of appropriate verbs. Emphasis is given to listening, reading and conversation. \$20 materials fee due to instructor at first class meeting to cover cost of book.

Portal Languages **Senior Center in Central Park**
150622-5A 18 yrs + Tu 4:30-5:30pm 1/22-3/12 \$180

ADVANCED CONVERSATIONAL FRENCH

Learn how to engage your French conversational skills. The focus is on speaking about daily actions, travels, experiences. Vocabulary development through role play exercises and interaction. Emphasis is given to listening and interpretation.

Portal Languages **Senior Center in Central Park**
150625-5A 18 yrs + Tu 5:30-6:30pm 1/22-3/12 \$160

HOW TO CUT THE CABLE

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

Marga Dill **Senior Center in Central Park**
150616-5A 55 yrs + Th 1-2:30pm 1/10 \$26
150616-5B 55 yrs + Th 1-2:30pm 1/24 \$26
150616-5C 55 yrs + Th 1-2:30pm 2/7 \$26

ITALIAN: CONVERSATIONAL ITALIAN 1A

This course focuses on day to day spoken Italian for those with little or no experience. Themes include greetings, shopping, ordering in a restaurant, etc. Materials may be adapted to the preference and experience of participants.

Spectrum Languages **Edison Community Center**
150601-2A 18 yrs + Th 5:30-6:30pm 1/10-3/14 \$169

ITALIAN: CONVERSATIONAL ITALIAN 1B

This is a continuation of Conversational Italian 1A. Focus is on spoken Italian and adding knowledge of more complex sentence structures and vocabulary to be able to help any student become more conversant. Materials may be adapted to the learning preferences and experience of the participants.

Spectrum Languages **Edison Community Center**
150603-2A 18 yrs + Th 6:30-7:30pm 1/10-3/14 \$169

OC LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays.

OC Learning Black History **Senior Center in Central Park**
150610-5A 15 yrs + Sa 10am-12pm 1/12-3/9 \$10

BEGINNING SPANISH 1

Beginners learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak Spanish from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$30 materials fee due to instructor at first class meeting to cover cost of book. *No Class Dates: Jan-21, Feb-18.*

Portal Languages **Senior Center in Central Park**
150618-5A 18 yrs + M 1:30-2:30pm 1/7-3/11 \$160

BEGINNING SPANISH 1A

This is a continuation of the previous session for beginners. The focus is on conversation for fast learning of daily actions. You will continue to speak Spanish through vocabulary development and key grammatical structures. The lessons build on one another. Emphasis is given to listening and interpretation. \$30.00 material fee due at first class if you haven't purchased the book yet. *No Class Dates: Jan-21, Feb-18.*

Portal Languages **Senior Center in Central Park**
150623-5A 18 yrs + M 3:30-4:30pm 1/7-3/11 \$178

INTERMEDIATE SPANISH

This class is a continuation of Spanish 1 and 1A. New intermediate students are welcome! The focus is on conversation for fast learning of daily actions. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$30 material fee due to instructor if you haven't purchased the book yet. *No Class Dates: Jan-21, Feb-18.*

Portal Languages **Senior Center in Central Park**
150621-5A 18 yrs + M 2:30-3:30pm 1/7-3/11 \$180

WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life so far. Prior writing skills are not necessary.

Sharon Fleming **Senior Center in Central Park**
151121-5A 18 yrs + Th 10am-12pm 1/17-3/7 \$99

Register Online!
www.hbsands.org

HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Proper engagement 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 while helping to alleviate most chronic back pain. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		Murdy Community Center			
150833-1A	16 yrs +	M	11-11:30am	1/7-2/4	\$40
150833-1B	16 yrs +	M	11-11:30am	2/11-3/18	\$48

ATX CARDIAC LIFESTYLE PROGRAM

ATX Cardiac is a program that promotes health and stress management. It is designed to address the special needs of heart patients or others interested in living a heart-healthy lifestyle. Class structure includes gentle warm-up, cardio & strength exercise, deep relaxation, group discussion, goal-setting, and heart-healthy meal planning. *No Class Dates: 1/21 and 2/18.*

Elizabeth Logue		Senior Center in Central Park			
151508-5A	50 yrs +	M	11am-12pm	1/7-3/18	Free

BARRE STRENGTH & STRETCH-FREE DEMO

Reserve a spot now for a free demo of CS Dance Factory's "Barre Strength & Stretch" class. Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. Stretch to increase flexibility and range of motion and reduce muscle tension. Sign up for the free demo at the Senior Center's recreation desk or on-line at www.hbsands.org.

CS Dance Factory		Senior Center in Central Park			
151517-5A	18 yrs +	W	9:30-10:15am	1/9	Free

BARRE STRENGTH & STRETCH

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. \$15 one-time drop-in fee. *No Class Dates: Feb-20.*

CS Dance Factory		Senior Center in Central Park			
151501-5A	18 yrs +	W	9:30-10:15am	1/16-3/20	\$87

BUILD YOGA

Suitable for everyone from first-time to intermediate-level Yoga students. Build Yoga will consist of a series of movements to warm the body, build strength, flexibility and balance. The class will end with unwinding and relaxation for a wonderful mind-body experience. Learn yoga in a fun and supportive environment. Bring a blanket, blocks (x2), yoga strap and mat.

HB Pilates		Senior Center in Central Park			
150878-5A	16 yrs +	W	6-7pm	1/9-2/6	\$70
150878-5B	16 yrs +	Sa	9-10am	1/12-2/9	\$70
150878-5C	16 yrs +	W	6-7pm	2/13-3/20	\$81
150878-5D	16 yrs +	Sa	9-10am	2/16-3/23	\$81



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-21, Feb-18.*

Susan Hardy		Edison Community Center			
150851-2A	13 yrs +	M,W,F	5:15-6:15pm	1/7-3/13	\$107

CHAIR DANCE-FREE DEMO

Come to a free demonstration of CS Dance Factory's Chair Dance class! Chair Dance has simple, easy movements to strengthen your heart, lungs and muscles. Enjoy listening to fun music from past eras through today and have a joyful time moving with our uplifting instructor. All exercises are performed seated. Sign up for the free demo at the Senior Center or on-line at www.hbsands.org.

CS Dance Factory		Senior Center in Central Park			
151515-5A	18 yrs +	W	11:45am-12:30pm	1/9	Free

CHAIR DANCE

Chair Dance exercise has simple, easy movements to strengthen your heart, lungs and muscles. Enjoy listening to fun music from past eras through today and have a joyful time moving with our uplifting instructor. Dance is top-rated for your brain! All exercises are performed seated. \$15 one-time drop-in fee. *No Class Dates: Feb-20.*

CS Dance Factory		Senior Center in Central Park			
150880-5A	18 yrs +	W	11:45am-12:30pm	1/16-3/20	\$69

CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Jan-21, Feb-11, Feb-18.*

Diane Pavesic		Senior Center in Central Park			
150866-5A	18 yrs +	M	10-11am	1/7-3/11	\$62
150866-5B	18 yrs +	M	11:15am-12:15pm	1/7-3/11	\$62



Parks & Recreation
Promote sensitivity
to cultural diversity

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor.

Marianne Grossman Senior Center in Central Park
150816-5A 50 yrs + F 10:15-11:15am 1/18-3/22 \$65

EXERCISE FOR BALANCE – PART 1

Have you noticed a recent change in your balance? Do you avoid getting on/off the floor? Join Hoag Physical Therapists in a 4-week series that includes discussion, activity participation, and balance training to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

HOAG Senior Center in Central Park
150899-5A 50 yrs + Tu 9-10am 1/8-1/29 Free

EXERCISE FOR BALANCE – PART 2

Did you enjoy the challenge of Series 1 Exercise for Balance Class? If so, join Hoag Physical Therapists in a 4-week series of advanced balance exercises to promote confidence in your active lifestyle. This series requires medical clearance by your physician prior to participation.

HOAG Senior Center in Central Park
150893-5A 50 yrs + Tu 9-10am 2/12-3/5 Free

FABULOUSLY FIT AS YOU AGE

Program includes components necessary to achieve & improve quality of life, regardless of age or ability. Increase stamina, agility, balance. Fun exercises that help your bones. Improve & increase strength, endurance, range of motion, posture. Mat work, prevents injury. Stay independent & healthy. Bring mat, weights to class. It's Never Too Late to Get in the Best Shape of your Life. *No Class Dates: Jan-21, Feb-18.*

Rene Burton Senior Center in Central Park
151510-5A 50 yrs + M, W 10:30-11:30am 1/7-2/13 \$72
151510-5B 50 yrs + M, W 10:30-11:30am 2/20-3/20 \$60

FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). \$4 materials fee for Dynaband payable in class.

Marianne Grossman Senior Center in Central Park
150817-5A 50 yrs + Tu 10:15-11am 1/15-3/19 \$45
150817-5B 50 yrs + Th 10:45-11:30am 1/17-3/21 \$45

GENTLE PILATES MAT

Gentle Pilates Mat is a great introductory class that focuses on the fundamental concepts of Pilates. With an emphasis on core strength and posture, to be more inviting for 50+, we will work on flexibility, overall strength, balance, mobility and coordination to enhance your quality of life. All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, some towel, grip socks and water. Info at hbpilates.com.

HB Pilates Senior Center in Central Park
150883-5A 16 yrs + M 4:30-5:30pm 1/7-2/4 \$56
150883-5B 16 yrs + Th 11:15am-12:15pm 1/10-2/7 \$70
150883-5C 16 yrs + M 4:30-5:30pm 2/11-3/18 \$70
150883-5D 16 yrs + Th 11:15am-12:15pm 2/14-3/21 \$81

GENTLE YOGA

Gentle yoga is a restorative and therapeutic yoga style class suitable for all ages and levels. This class will focus on reconnecting the mind and body through the art of movement using awareness exercises, restorative poses, and breathing techniques that calm the nervous system. Please bring your own yoga mat, two yoga blocks, and one yoga strap with you to each class.

Stephanie Gray HB Art Center
150865-4A 18 yrs + W 6-7pm 2/13-3/20 \$106/96

5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full schedule? This is the pass for you! Good for any HB Pilates & Fitness classes: Ab-Core Blast, Lean& Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, Pilates Chair, and Stroller Workout! Some restrictions apply. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-18.*

HB Pilates All Community Center Locations
150611-1A 16 yrs + Any HB Pilates Class 1/7-2/9 \$85
150611-1B 16 yrs + Any HB Pilates Class 2/11-3/23 \$85

10 CLASS PACK

Looking to add a variety to your workout routine? Then this is the pass for you! Mix and match your classes with any HB Pilates & Fitness classes including: Ab-Core Blast, Lean & Fit, Pilates Mat, Pilates Barre with Cardio, Gentle Pilates Mat, Build Yoga, Restorative Flow Yoga, and Stroller Workout! Some restrictions apply. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-8, Feb-18.*

HB Pilates All Community Center Locations
150612-1A 16 yrs + Any HB Pilates Class 1/7-2/9 \$160
150612-1B 16 yrs + Any HB Pilates Class 2/11-3/23 \$160

JAZZERCISE

Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 60-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. Classe are held on Monday, Wednesday, and Friday. *No Class Dates: Jan-21, Feb-18.*

Erica Den Hartog City Gym and Pool
150853-3A 13 yrs + 10 Class Pack 8:45-9:55am 1/7-3/22 \$90
150853-3B 13 yrs + 20 Class Pack 8:45-9:55am 1/7-3/22 \$140
150853-3C 13 yrs + 30 Class Pack 8:45-9:55am 1/7-3/22 \$170

Register Online! www.hbsands.org

LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. Drop-ins: \$18 per class. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		Edison Community Center			
150839-2A	16 yrs +	M	9-10am	1/7-2/4	\$56
150839-2B	16 yrs +	M	9-10am	2/11-3/18	\$70
150839-2C	16 yrs +	F	9-10am	1/11-2/8	\$70
150839-2D	16 yrs +	F	9-10am	2/15-3/22	\$81

HB Pilates		Senior Center in Central Park			
150839-5A	16 yrs +	Tu	10:15-11:15am	1/8-2/5	\$70
150839-5B	16 yrs +	W	7-8pm	1/9-2/6	\$70
150839-5C	16 yrs +	Th	10:15-11:15am	1/10-2/7	\$70
150839-5D	16 yrs +	Sa	8-9am	1/12-2/9	\$70
150839-5E	16 yrs +	Tu	10:15-11:15am	2/12-3/19	\$81
150839-5F	16 yrs +	W	7-8pm	2/13-3/20	\$81
150839-5G	16 yrs +	Th	10:15-11:15am	2/14-3/21	\$81
150839-5H	16 yrs +	Sa	8-9am	2/16-3/23	\$81

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, Barre, Yoga, and Dance with cardio intervals and functional fitness exercises. Using resistance bands, workout balls, and your own body weight we will help you achieve the lean and toned body you have been waiting for!

Info at hbpilates.com. Fitness level: Intermediate. Drops-ins: \$18 per class. Bring: mat, small towel, grip socks and water. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		City Gym and Pool			
150855-3A	16 yrs +	W	10-11am	1/9-2/6	\$70
150855-3B	16 yrs +	Th	7-8pm	1/10-2/7	\$70
150855-3C	16 yrs +	W	10-11am	2/13-3/20	\$81
150855-3D	16 yrs +	Th	7-8pm	2/14-3/21	\$81

HB Pilates		Edison Community Center			
150855-2A	16 yrs +	M	7:30-8:30pm	1/7-2/4	\$56
150855-2B	16 yrs +	M	7:30-8:30pm	2/11-3/18	\$70

HB Pilates		Murdy Community Center			
150855-1A	16 yrs +	Tu	7-8pm	1/8-2/5	\$70
150855-1B	16 yrs +	Tu	7-8pm	2/12-3/19	\$81

HB Pilates		Senior Center in Central Park			
150855-5A	16 yrs +	Sa	8-9am	1/12-2/9	\$70
150855-5B	16 yrs +	Sa	8-9am	2/16-3/23	\$81

PILATES CHAIR

Great for people over 50 who want to stay active, improve core strength, flexibility, mobility, balance, strength and mind-body connection to help reduce the risk of falls. Pilates exercises will be performed seated and standing with resistance bands and exercise balls. Not suitable for those dependent on walkers and/or canes. Classes offered M, Tu, W, F. Bring: grip socks, small towel and water. Drop-ins: \$18 per class. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		Senior Center in Central Park			
150879-5A	18 yrs +	1x/week	12:30-1:30pm	1/7-2/8	\$65
150879-5B	18 yrs +	2x/week	12:30-1:30pm	1/7-2/8	\$120
150879-5C	18 yrs +	3x/week	12:30-1:30pm	1/7-2/8	\$132
150879-5D	18 yrs +	1x/week	12:30-1:30pm	2/11-3/22	\$65
150879-5E	18 yrs +	2x/week	12:30-1:30pm	2/11-3/22	\$120
150879-5F	18 yrs +	3x/week	12:30-1:30pm	2/11-3/22	\$151



PILATES CHAIR: PLUS

Pilates Chair PLUS more advanced exercises! Utilizing a variety of equipment in the fitness facility, this class will focus on improving strength, flexibility, posture, mobility, cardiovascular health and functional fitness while enhancing the mind-body connection.

Prerequisites: one session of Pilates Chair and instructor approval. Not suitable for those using a walker and/or cane. Info at hbpilates.com. Bring: grip socks, water and small towel.

HB Pilates		Senior Center in Central Park			
150826-5A	18 yrs +	Tu	11:30am-12:30pm	1/8-2/5	\$72
150826-5B	18 yrs +	W	11:30am-12:30pm	1/9-2/6	\$72
150826-5C	18 yrs +	F	11:30am-12:30pm	1/11-2/8	\$72
150826-5D	18 yrs +	2x/week	11:30am-12:30pm	1/9-2/8	\$120
150826-5E	18 yrs +	Tu	11:30am-12:30pm	2/12-3/19	\$78
150826-5F	18 yrs +	W	11:30am-12:30pm	2/13-3/20	\$78
150826-5G	18 yrs +	F	11:30am-12:30pm	2/15-3/22	\$78
150826-5H	18 yrs +	2x/week	11:30am-12:30pm	2/12-3/22	\$132

PILATES CHAIR: SITTING ONLY

Pilates Chair-Sitting Only is a gentler approach to Pilates Chair and a great introduction to the class because all exercises are done while seated in a chair. Integrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, mobility, and an enhanced mind-body connection. Classes offered: Monday and Friday. All ages/abilities welcome. Bring: grip socks and water. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		Senior Center in Central Park			
150895-5A	18 yrs +	M	11:45am-12:30pm	1/7-2/4	\$45
150895-5B	18 yrs +	F	11:45am-12:30pm	1/11-2/8	\$55
150895-5C	18 yrs +	M,F	11:45am-12:30pm	1/7-2/8	\$109
150895-5D	18 yrs +	M	11:45am-12:30pm	2/11-3/18	\$55
150895-5E	18 yrs +	F	11:45am-12:30pm	2/15-3/22	\$65
150895-5F	18 yrs +	M,F	11:45am-12:30pm	2/11-3/22	\$110



Parks & Recreation
Reduce Stress

PILATES MAT

Join us for a low-impact class that will deliver high results and help you improve: posture, strength, flexibility, balance, coordination, mobility, and total mind-body awareness. Focusing on core strength and proper alignment, we will condition your entire body in every class! All ages/abilities welcome. Drop-ins: \$18 per class. Bring: mat, small towel, grip socks, and water. Info at hbpilates.com. No Class Dates: Jan-21, Feb-18.

HB Pilates		City Gym and Pool			
150811-3A	16 yrs + W	9-10am	1/9-2/6	\$70	
150811-3B	16 yrs + Th	6-7pm	1/10-2/7	\$70	
150811-3C	16 yrs + W	9-10am	2/13-3/20	\$81	
150811-3D	16 yrs + Th	6-7pm	2/14-3/21	\$81	

HB Pilates		Edison Community Center			
150811-2A	16 yrs + M	6:30-7pm	1/7-2/4	\$56	
150811-2B	16 yrs + M	6:30-7pm	2/11-3/18	\$70	
150811-2C	16 yrs + F	10-11am	1/11-2/8	\$70	
150811-2D	16 yrs + F	10-11am	2/15-3/22	\$81	

HB Pilates		Murdy Community Center			
150811-1A	16 yrs + M	10-11am	1/7-2/4	\$56	
150811-1B	16 yrs + M	10-11am	2/11-3/18	\$70	
150811-1C	16 yrs + Tu	6-7pm	1/8-2/5	\$70	
150811-1D	16 yrs + Tu	6-7pm	2/12-3/19	\$81	
150811-1E	16 yrs + Th	5-6pm	1/10-2/7	\$70	
150811-1F	16 yrs + Th	5-6pm	2/14-3/21	\$81	

HB Pilates		Senior Center in Central Park			
150811-5A	16 yrs + Tu	9-10am	1/8-2/5	\$70	
150811-5B	16 yrs + Th	8-9am	1/10-2/7	\$70	
150811-5C	16 yrs + Sa	9-10am	1/12-2/9	\$70	
150811-5D	16 yrs + Tu	9-10am	2/12-3/19	\$81	
150811-5E	16 yrs + Th	8-9am	2/14-3/21	\$81	
150811-5F	16 yrs + Sa	9-10am	2/16-3/23	\$81	

PIYO LIVE!

PiYo is a low-impact, high-intensity, Pilates and yoga-inspired workout that burns fat, defines every inch of your body, and increases your flexibility without weights or jumps. A fun dynamic workout that is easily adaptable to all fitness levels. Bring your yoga mat and be ready to sweat!

Noelle Acampora		HB Art Center			
151513-4A	18 yrs + Tu	1:30-2:30pm	1/8	Free	
151513-4B	18 yrs + Tu	1:30-2:30pm	1/15-2/12	\$68/62	
151513-4C	18 yrs + Tu	1:30-2:30pm	2/19-3/19	\$68/62	

PRENATAL/POSTNATAL PILATES

Pilates is a safe way for women to exercise before, during (1st, 2nd, & 3rd trimester), and after their pregnancy (with doctor's approval). Work with a Prenatal/Postnatal Certified instructor on gentle strength and flexibility exercises specifically designed to support the changes of the body during pregnancy and help rebuild strength and muscle control after delivery. Info at hbpilates.com. No Class Dates: Jan-21, Feb-18.

HB Pilates		Murdy Community Center			
150856-1A	18 yrs + Th	6-7pm	1/10-2/7	\$79	
150856-1B	18 yrs + Th	6-7pm	1/17-3/21	\$90	
150856-1C	18 yrs + Private Lesson	30 minutes	1/7-3/23	\$46	

PRIVATE YOGA, PILATES & PERSONAL TRAINING

Whether you are looking to lose weight, start a new fitness routine, tone up and get stronger, or simply stay healthy and energized, working one-on-one will allow you to maximize the results of your personal health and fitness goals. Each exercise program is custom designed, specifically for you! 45-minute and 60-minute sessions available upon request. Times and dates TBD. Info at hbpilates.com. No Class Dates: Jan-21, Feb-18.

HB Pilates		Murdy Community Center			
150897-1A	16 yrs + TBD	1 session	1/7-3/23	\$46	
150897-1B	16 yrs + TBD	5 sessions	1/7-3/23	\$220	
150897-1C	16 yrs + TBD	10 sessions	1/7-3/23	\$430	

QIGONG FOR WELLNESS

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker		Murdy Community Center			
150864-1A	18 yrs + W	6-7:15pm	1/9-2/20	\$49	

REFORMER PILATES LESSONS

Work one-on-one with using the Balanced Body Pilates Reformer to help you achieve your personal goals. Keeping in mind limitations, restrictions and providing individual modifications for those recovering from injuries. Reformer Pilates is a great low impact workout for all ages and ability levels. Specialties: Post-Injury Fitness, Athletic Cross Training, Pilates, Prenatal/Postnatal Pilates, and Pilates for 50+. Lessons held offsite at REPAIR Sports Institute. Sessions are 30 minutes each. No Class Dates: Jan-21, Feb-18.

HB Pilates		7146 Edinger Ave			
151512-1A	16 yrs +	1 session	1/7-3/23	\$55	
151512-1B	16 yrs +	2 sessions	1/7-3/23	\$265	
151512-1C	16 yrs +	10 sessions	1/7-3/23	\$500	

RESTORATIVE FLOW YOGA

Combining gentle movement flows with stillness and breath, Restorative Flow Yoga is perfect for all levels. Unwind from the fast-paced world we live in and join us for a relaxing and healing Yoga experience that will help create inner balance and improve posture and flexibility through strategic but gentle movement and postures. Drop in: \$18/class. Bring a blanket, blocks (x2), yoga strap and mat. Info at hbpilates.com. No Class Dates: Jan-21.

HB Pilates		Senior Center in Central Park			
150828-5A	16 yrs + M	5:30-6:30pm	1/7-2/4	\$56	
150828-5B	16 yrs + W	5:30-6:30pm	1/9-2/6	\$70	
150828-5C	16 yrs + Sa	10-11am	1/12-2/9	\$70	
150828-5D	16 yrs + M	5:30-6:30pm	2/11-3/18	\$70	
150828-5E	16 yrs + W	5:30-6:30pm	2/13-3/20	\$81	
150828-5F	16 yrs + Sa	10-11am	2/16-3/23	\$81	

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 yrs + Sa	9:15-10:15am	1/12-3/9	\$44	

Register Online! www.hbsands.org

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 Senior Center in Central Park
150837-5A 50 yrs + Tu,F 9-9:45am 1/15-3/22 \$79

SILVER GLOVE FITNESS

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging, and always changing. Boxing uses the entire body and has been proven to improve quality of life and health. It is a workout that gets your body moving and heart rate going, all while having fun. Beginner to advanced athletes welcome. Please bring a yoga mat, towel and water. Boxing gloves are required for class. Please purchase these on your own (12 oz. size gloves are appropriate). They can be found at most sporting goods stores. Email ademing@silverglovefitness.com if you have any questions about this. *No Class Dates: Jan-21, Feb-18.*

Andrew Deming Senior Center in Central Park
150820-5A 18 yrs + M 8:30-9:30am 1/7-2/4 \$65
150820-5B 18 yrs + M 8:30-9:30am 2/11-3/11 \$65
150820-5C 18 yrs + W 3-4pm 1/9-2/6 \$80
150820-5D 18 yrs + W 3-4pm 2/13-3/13 \$80

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. *No Class Dates: Jan-21, Feb-18.*

Georgia Spidle Lake Park Clubhouse
150847-2A 18 yrs + M,W,F 9-10am 1/7-3/15 \$60

STRENGTH AND BALANCE

As we age, we lose muscle. This class will focus on exercises designed to improve you strength and balance, increase bone density and build stamina. You will learn how to perform exercises (both seated and standing) that will protect your bone health and maintain your strength. (Bring a pair of light weights.)

Sharon Fleming Senior Center in Central Park
151518-5A 50 yrs + F 10:15-11am 1/11-3/22 \$49

STROLLER WORKOUT

Calling all parents and grandparents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for workout that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Modifications available for new moms & mommies to be! Drop-ins: \$18 per class. Bring: stroller, mat, dumbbells, water and snacks. Meet at the back of the Senior Center in Central Park. Info at hbpilates.com.

HB Pilates Senior Center in Central Park
150825-5A 18 yrs + Tu 9-10am 1/8-2/5 \$70
150825-5B 18 yrs + Th 9-10am 1/10-2/7 \$70
150825-5C 18 yrs + Tu,Th 9-10am 1/8-2/7 \$99
150825-5D 18 yrs + Tu 9-10am 2/12-3/19 \$81
150825-5E 18 yrs + Th 9-10am 2/14-3/21 \$81
150825-5F 18 yrs + Tu,Th 9-10am 2/12-3/21 \$121

TAI CHI BASICS

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

Donald Walker Edison Community Center
150887-2A 18 yrs + Tu 1:30-2:45pm 1/8-2/19 \$49

TAI CHI CHUAN

The Simplified Yang Style integrated exercise-art for mental and physical well-being. Tai Chi Chuan produces a balanced unification of body, mind, and spirit while stretching and toning the body. Wear comfortable clothing and sun protection as portions of class will be outdoors.

Shona Howe HB Art Center
150884-4A 18 yrs + Tu 9:30-10:45am 1/8-3/19 \$94/85

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-21, Feb-18.*

Elizabeth Pham Senior Center in Central Park
150881-5A 18 yrs + M 6:45-8:15pm 1/7-3/18 \$63
150881-5B 18 yrs + Th 9-10:25am 1/10-3/21 \$63

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-21, Feb-18.*

Shona Howe Senior Center in Central Park
150882-5A 18 yrs + M 6:45-8:15pm 1/7-3/18 \$63
150882-5B 18 yrs + Th 8:30-10:25am 1/10-3/21 \$63

TEEN YOGA

This 50 min class is designed to introduce yoga to teens. The class focuses on body awareness, yoga poses, confidence, and compassion. Yoga is a great way for teens to practice self-care. They will learn techniques for a healthy and positive lifestyle in a fun and easy going atmosphere. Bring a yoga mat and water.

Meghan Rambo Rodgers Center
151511-5A 13-19 yrs W 4-4:50pm 1/9-2/6 \$86/78
151511-5B 13-19 yrs W 4-4:50pm 2/13-3/13 \$86/78

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-21, Feb-18.*

Marianne Grossman Edison Community Center
150857-2A 18 yrs + Tu 5:30-6:30pm 1/15-3/19 \$65

Marianne Grossman Senior Center in Central Park
150857-5A 18 yrs + M 5:30-6:30pm 1/7-3/18 \$59



YOGA: EDISON

Yoga unites mind & body improving general health, balance, & well-being. Therapeutically oriented class integrates postures, meditation, yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. *No Class Dates: Feb-13, Feb-20.*

Diane Pavesic,		Edison Community Center			
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT					
150868-2A	18 yrs +	W	4:30-5:30pm	1/9-3/13	\$70
150868-2B	18 yrs +	W	6-7pm	1/9-3/13	\$70

TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: Jan-21, Feb-18.*

Susan Hardy		Murdy Community Center			
150886-1A	18 yrs +	M,W,F	8:30-10am	1/7-3/13	\$129

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$129. *No Class Dates: Jan-18, Feb-19.*

Susan Hardy		Murdy Community Center			
150841-1A	18 yrs +	M,W,F	8:30-9:15am	1/7-3/13	\$107

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 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 \$129. *No Class Dates: Jan-18, Feb-19.*

Susan Hardy		Murdy Community Center			
150835-1A	18 yrs +	M,W,F	9:15-10am	1/7-3/13	\$107

UNLIMITED HB PILATES FITNESS CLASSES

Unlimited Classes allows you access to all HB Pilates & Fitness classes: Ab-Core Blast, Lean & Fit, Restorative Flow Yoga, Build Yoga, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Gentle Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Some restrictions apply. Info at hbpilates.com. *No Class Dates: Jan-21, Feb-18.*

HB Pilates		All Community Center Locations			
150896-1A	16 yrs +	Attend Any HB Pilates Class	1/7-2/9		\$195
150896-1B	16 yrs +	Attend Any HB Pilates Class	2/11-3/23		\$234

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-21, Feb-18.*

Yvonne Carmichael		City Gym and Pool			
150867-3A	16 yrs +	M	10:30am-12pm	1/7-3/25	\$97

YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket.

Diane Pavesic,		Senior Center in Central Park			
BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT					
150872-5A	18 yrs +	Th	10-11am	1/10-3/14	\$70
150872-5B	18 yrs +	Th	11am-12pm	1/10-3/14	\$70

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 for Susan Holden: Jan-21, Feb-15, Feb-18, Feb-19. No Class Dates for Jacki King: Jan-21, Jan-23, Feb-18, Feb-20.*

Susan Holden		Murdy Community Center			
150876-1A	16 yrs +	M	6:15-7:15pm	1/14-3/18	\$70
150876-1B	16 yrs +	Tu	5:30-6:45pm	1/22-3/19	\$70
150876-1C	16 yrs +	F	4-5pm	1/18-3/15	\$70

Jacki King, E-RYT, CYT, YACED		Murdy Community Center			
151124-1A	16 yrs +	M	4:35-5:35pm	1/14-3/18	\$70
151124-1B	16 yrs +	W	4-5pm	1/16-3/20	\$70

Yvonne Carmichael		Lake View Clubhouse			
151125-1A	16 yrs +	W	10:30am-12pm	1/9-3/20	\$97
151125-1B	16 yrs +	F	10:30am-12pm	1/11-3/22	\$97

YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket. *No Class Dates: Feb-15, Feb-19.*

Susan Holden		Senior Center in Central Park			
150892-5A	18 yrs +	F	10-11am	1/18-3/15	\$70
150892-5B	18 yrs +	Tu	10:30-11:30am	1/22-3/19	\$70

Register Online!
www.hbsands.org

YOGA: A VINYASA FLOW

Ignite and unleash your creativity through a fun and energetic yoga flow at the HB Art Center. In this class, students will enjoy a multi-sensory experience through movement and art. Each week students will explore a new yoga sequence and receive the benefits of breathing and flowing while surrounded by the sights and sensations of the exhibits displayed at the Art Center. All levels are welcome to join and modifications will be offered to increase or decrease the intensity of the flow. Come start your day with a burst of energy and art!

Neelam Molnar **HB Art Center**
150885-4A 18 yrs + W 9:30-10:40am 1/9-2/6 \$81/73
150885-4B 18 yrs + W 9:30-10:40am 2/20-3/20 \$81/73

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Ditch the workout! Join the Party! *No class date Feb-5.*

SockhopFitness **Senior Center in Central Park**
150813-5A 6-86 yrs Tu 6-6:45pm 1/8-3/19 \$58

ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances.

Marianne Grossman **Senior Center in Central Park**
150848-5A 18 yrs + Th 9-10am 1/17-3/21 \$65

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-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

SockhopFitness **Edison Community Center**
150858-2A 16 yrs + W 6:30-7:15pm 1/9-3/20 \$64

ZUMBA GOLD PLUS ZUMBA TONING

Zumba Gold is perfect for active adults looking for the great moves of Zumba at a lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

SockhopFitness **Murdy Community Center**
150860-1A 18 yrs + Tu 8:05-8:55am 1/8-3/19 \$64

SockhopFitness **Senior Center in Central Park**
150860-5A 18 yrs + F 9-9:50am 1/11-3/22 \$64

ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm. *No Class Dates: Jan-21, Feb-18.*

SockhopFitness **Edison Community Center**
150827-2A 16 yrs + M 6-6:45pm 1/7-3/18 \$106
 W 6:30-7:15

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. Going on vacation? We'll prorate you for the number of weeks you attend. *No Class Dates: Jan-21, Feb-18.*

SockhopFitness **Edison Community Center**
150888-2A 16 yrs + M 6-6:45pm 1/7-3/18 \$54

ZUMBA GOLD DANCE FITNESS

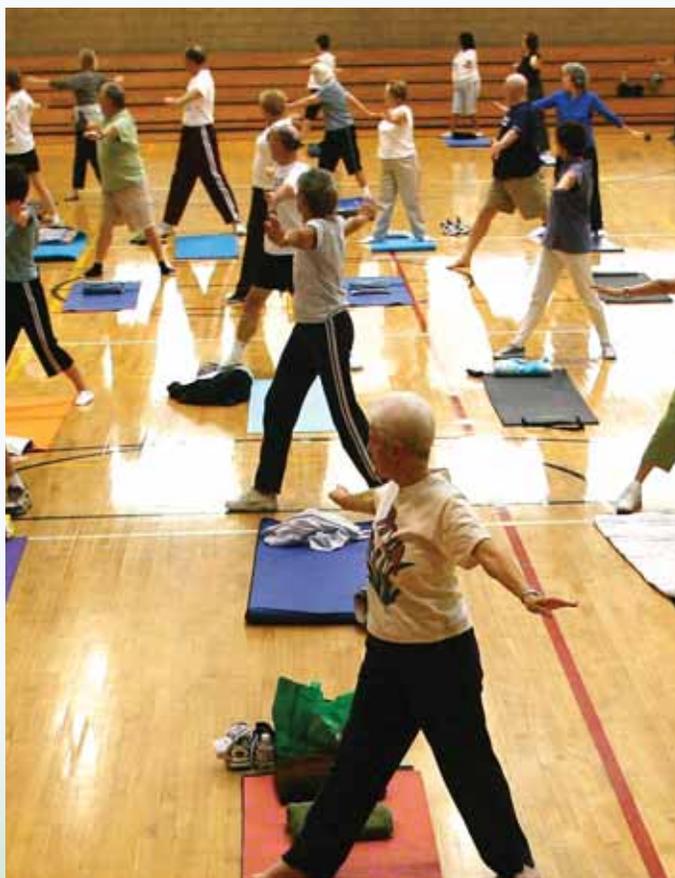
The dance party workout for the young at heart. Groove at your own pace: beginner and intermediate modifications shown. Easy-to-follow, low-impact, fun dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Now is a good time to feel great! \$15 one-time drop-in fee. *No Class Dates: Feb-20.*

CS Dance Factory **Senior Center in Central Park**
151514-5A 18 yrs + W 8:15-9:15am 1/16-3/20 \$69

ZUMBA GOLD DANCE FITNESS – FREE DEMO

Sign up now for a free demo of CS Dance Factory's "Zumba Gold Dance Fitness" class, the dance party workout for the young at heart. Easy to follow, low-impact, fun dance steps to zesty Latin and international music. See why dance is top-rated for your brain, your heart and your soul! Reserve a spot for this free demo at the Senior Center's recreation desk or on-line at www.hbsands.org.

CS Dance Factory **Senior Center in Central Park**
151516-5A 18 yrs + W 8:15-9:15am 1/9 Free



MARTIAL ARTS

MUSIC

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 of \$80 includes 4 family members one time per week, a \$6 fee per extra student. Take 2 days per week for \$120 up to 4 people – if more than 4 students, add \$6 per student. Take 3 days per week for \$160 up to 4 people – if more, add \$6 per student.

Frances Cardinal		Senior Center in Central Park			
150904-5A	3 yrs + Tu	5-6pm	1/8-3/19	\$80	
150904-5B	3 yrs + Th	5-6pm	1/10-3/21	\$80	
150904-5C	3 yrs + Sa	10-11am	1/12-3/23	\$80	
150904-5D	3 yrs + Any 2 Days	TBD	1/8-3/23	\$120	
150904-5E	3 yrs + Any 3 Days	TBD	1/8-3/23	\$160	

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. *No Class Dates: Feb-14.*

Wadoryu USA		Edison Community Center			
150907-2A	18 yrs + Th	7:15-8pm	1/10-3/21	\$110	

TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self-defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! *No Class Dates: Jan-21, Feb-18.*

Kiavash Tillekhoo		City Gym and Pool			
150906-3A	15 yrs + M	7:15-8pm	1/7-3/18	\$188	
150906-3B	15 yrs + Tu	7:15-8pm	1/8-3/19	\$188	
150906-3C	15 yrs + W	7:15-8pm	1/9-3/20	\$188	
150906-3D	15 yrs + Th	7:15-8pm	1/10-3/21	\$188	

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 \$120, 3x week \$160.

Frances Cardinal		Senior Center in Central Park			
150901-5A	14 yrs + Tu	6:15-7:45pm	1/8-3/19	\$80	
150901-5B	14 yrs + Th	6:15-7:45pm	1/10-3/21	\$80	
150901-5C	14 yrs + Sa	11am-12pm	1/12-3/23	\$80	
150901-5D	14 yrs + Any 2 Days	TBD	1/8-3/23	\$120	
150901-5E	14 yrs + Any 3 Days	TBD	1/8-3/23	\$160	

BEGINNING UKELELE

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove Ukulele Players will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due first class.

Guava Groove		Senior Center in Central Park			
151003-5A	18 yrs + Tu	9:30-10:30am	1/8-2/12	\$65	
151003-5B	18 yrs + Tu	9:30-10:30am	2/19-3/19	\$55	

GUAVA GROOVE UKULELE

Guava Groove Ukulele is designed for intermediate to advanced ukulele players. Students will learn progressive strums, chords, tab, notation and theory. Requirements: (1) At least one year of Beginning Ukulele or equivalent knowledge. (2) Instructor approval to enroll.

Guava Groove		Senior Center in Central Park			
151004-5A	18 yrs + Tu	10:45-11:45am	1/8-2/12	\$65	
151004-5B	18 yrs + Tu	10:45-11:45am	2/19-3/19	\$55	

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. Bring your own guitar, \$20 materials fee for book.

The RockBand Experience		HB Art Center			
151008-4A	13 yrs + Th	4:30-5:30pm	1/10-1/31	\$89/81	
151008-4B	13 yrs + Th	4:30-5:30pm	2/7-2/28	\$89/81	
151008-4C	13 yrs + Th	4:30-5:30pm	3/7-3/21	\$68/62	

The RockBand Experience		Murdy Community Center			
141011-1D	13 yrs + Tu	4:30-5:30pm	1/8-1/29	\$89	
141011-1E	13 yrs + Tu	4:30-5:30pm	2/5-2/26	\$89	

GROUP UKULELE

Have you ever wanted to play ukulele? Well now's the time! Learn to play from Mr. Greg, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! All levels and all ages are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. \$20 materials fee for book due at first class (payable to the instructor). Students must provide their own ukulele. Please call Greg if you have questions about acquiring a ukulele.

The RockBand Experience		HB Art Center			
151012-4A	13 yrs + W	4:15-5pm	1/9-1/30	\$79/72	
151012-4B	13 yrs + W	4:15-5pm	2/6-2/27	\$79/72	
151012-4C	13 yrs + W	4:15-5pm	3/6-3/20	\$61/55	

Register Online! www.hbsands.org



TEEN UKULELE

Have you ever wanted to play ukulele? Well now's the time! Learn to play from Mr. Nick, and have fun playing your favorite songs in no time! Learn traditional Hawaiian, Pop and Rock Songs, and even modern-day adaptations of your favorite Radio Hits! All levels are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. \$20 materials fee for book due first class (payable to the instructor). Students must provide their own Ukulele.

The RockBand Experience			Rodgers Center		
151013-5A	13-19 yrs	W	4:30-5:15pm	1/9-1/30	\$79/72
151013-5B	13-19 yrs	W	4:30-5:15pm	2/6-2/27	\$79/72
151013-5C	13-19 yrs	W	4:30-5:15pm	3/6-3/20	\$61/55

TEEN GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Nick, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, AC/DC, and so much more! All levels are welcome, so don't delay and learn to play today! For best availability, please register prior to the first week of class. \$20 materials fee for book due first class (payable to the instructor). Students must provide their own acoustic guitar.

The RockBand Experience			Rodgers Center		
151014-5A	13-19 yrs	W	3:30-4:30pm	1/9-1/30	\$89/81
151014-5B	13-19 yrs	W	3:30-4:30pm	2/6-2/27	\$89/81
151014-5C	13-19 yrs	W	3:30-4:30pm	3/6-3/20	\$68/62

SPECIAL INTEREST

BEGINNING BRIDGE

This class is called contract or party bridge. It is played with a partner but you do not need a partner to join the class. You are encouraged to invite any of your friends that expressed an interest in this fascinating game of bidding and strategy. Have fun while you learn. *No class dates: Jan-21, Jan-23, Feb-18, Feb-20.*

Rita Spira			Senior Center in Central Park		
151102-5A	18 yrs +	M	2-4pm	1/7-3/4	\$68
151102-5B	18 yrs +	W	6:30-8:30pm	1/9-3/6	\$68

BRIDGE INTERMEDIATE

Knowledge of the basics is required. Learn how to communicate with your partner the popular conventions bridge players are using and why. 2 Clubs, Stayman, Jacoby Transfer, Scoring and more. Handouts for each lesson provided as well as how to play or defend various hands. Learn importance of correct bidding/responding. *No class dates: 1/22, 2/19.*

Rita Spira			Senior Center in Central Park		
151103-5A	18 yrs +	Tu	3-5pm	1/8-3/5	\$68

BRAIN FITNESS

Brain Fitness is a computer program designed to strengthen and sharpen one's brain. It helps a participant listen more effectively, improve memory and concentration, increase social skills, and most importantly, self-confidence. Students work at their own level and do not need prior computer experience.

Sharon Fleming			Senior Center in Central Park		
151122-5A	18 yrs +	Tu,F	1:15-2:45pm	1/15-3/8	\$139
151122-5B	18 yrs +	Tu,F	3-4:30pm	1/15-3/8	\$139

CHRIS EPTING'S STORYTELLERS

Ready to tell your story? Ready to document your life? This six-week course with best-selling memoirist Chris Epting will help you make sense of this exciting step in your life. It's fun, no writing experience is needed, and perfect for whether you picture yourself as a best-selling author or someone documenting your or someone else's story just to share with family and friends.

Chris Epting		Senior Center in Central Park			
151129-5A	18 yrs+ M	6:00-8:00pm	1/7-2/25	\$100	

CREATIVE WRITING: POETRY & FICTION

Create short stories and poems with the guidance of writers with book and journal publications. We provide prompts for inspiration, feedback, and help polishing in a workshop setting. Experience engaging pieces of literature and work on style, voice, and other craft elements to improve or begin your creative writing process.

Angela Kaiser		Rodgers Center			
151602-5A	13-19 yrs	Tu	6:45-8pm	1/8-2/5	\$81/73
151602-5B	13-19 yrs	Tu	6:45-8pm	2/19-3/19	\$81/73

DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "The Day the World Came to Town" by Jim DeFede 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 materials fee is due at each meeting. Class meets 2/13, 3/13, 4/10 and 5/8.

April Berg		Senior Center in Central Park			
151101-5A	16 yrs +	W	7-9pm	2/13-5/8	\$30

FASHION MAKEUP: FROM EVERYDAY TO GLAMOUR

First Class - Creating The Classic Face: Designed for beginners, learn the fundamentals of fashion makeup while creating the Classic Face, a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush and more. Second Class - Creating The Glamorous Face: Completion of Fashion Makeup Part 1 is required to attend this class. Learn how to transform the Classic Face to a Glamorous Face for those special events. Techniques taught: Smokey Eye, Highlighting/Contour, Pouty Lip and more. All products & supplies included. For questions contact Rodolfo (562) 221-3944 or email: rbnimis@yahoo.com.

Rodolfo Nimis		City Gym and Pool			
151134-3A	16 yrs +	F	6:30-8:30pm	1/11-1/18	\$75
151134-3B	16 yrs +	F	6:30-8:30pm	3/8-3/15	\$75

Rodolfo Nimis		Murdy Community Center			
151134-1A	16 yrs +	Tu	6:30-8:30pm	2/5-2/12	\$75

PRACTICE AND PLAY BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at the Senior Center on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

Senior Center Volunteer		Senior Center in Central Park			
151108-5A	18 yrs +	F	1-4pm	1/11-3/22	\$20

SELF DEFENSE FOR WOMEN & TEENS

Designed specifically for the novice, this class material is simple and concise, utilizing movements that anyone can learn. Strategies on avoidance and prevention, awareness, escape methods, pre-incident indicators, and using intuition to recognize attacks BEFORE they happen. Loose clothing or workout attire recommended. \$10 materials fee payable to instructor.

Susan Salinas			City Gym and Pool		
151135-3A	14 yrs +	F	7-8pm	1/11-2/1	\$76
151135-3B	14 yrs +	F	7-8pm	2/8-3/1	\$76

WARD'S DUPLICATE BRIDGE

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

Senior Center Volunteer		Senior Center in Central Park			
151107-5A	18 yrs +	Tu	12:30-2:30pm	1/8-3/19	\$20

SPORTS

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can pass, set, spike and serve consistently. Sessions will be structured around the development of a specific skill each week then applying that skill in game situations. For more information go to www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc		15th Street and PCH			
151311-2A	18 yrs +	Sa	10-11:30am	1/19-3/2	\$100

KING AND QUEEN OF THE COURT VOLLEYBALL

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. \$20 materials fee is payable to instructor.

Matt Taylor Volleyball		City Gym and Pool			
151323-3A	16 yrs +	Th	7:45-9:45pm	1/10-2/7	\$55

WOMEN'S VOLLEYBALL LEAGUE

Tuesday's - Intermediate class from 9:30-12:30, Wednesday's - Advanced only 4's from 10-12:00pm, Thursday's - Advanced only from 9:30-12:30 pm. If you are a new player you must tryout the first week. You will be assessed at a satisfactory skill level. Please arrive 20 minutes early for tryouts.

Joann DiGiovanni		City Gym and Pool			
151302-3A	18 yrs +	Tu	9:30am-12:30pm	1/8-2/5	\$35
151302-3B	18 yrs +	Tu	9:30am-12:30pm	2/12-3/12	\$35
151302-3C	18 yrs +	W	10am-12pm	1/9-2/6	\$35
151302-3D	18 yrs +	W	10am-12pm	2/13-3/13	\$35
151302-3E	18 yrs +	Th	9:30am-12:30pm	1/10-2/7	\$35
151302-3F	18 yrs +	Th	9:30am-12:30pm	2/14-3/14	\$35

VOLLEYBALL: ADULT INDOOR CLINIC

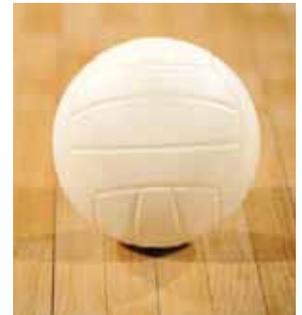
Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction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

Matt Taylor Volleyball		City Gym and Pool			
151309-3A	Beginner 16+	Th	6:15-7:45pm	1/10-3/14	\$139
151309-3B	Intermediate 16+	Th	7:45-9:15pm	2/14-3/14	\$70

ADULT LEAGUES

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) are 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 Rics Volleyball 714-375-5063. *No Class Dates: Jan-21, Feb-18.*

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter season will begin the week of January 13, 2019, and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday. Coed teams play Sunday afternoon, evening or Wednesday. Team registration costs are \$420 plus umpire fee of \$15 is paid at each game directly to the umpire. Over 55 Senior Mens 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 Thursday nights at Murdy Park. There is also a senior women's league Monday nights at Greer Park, which is more competitive and uses 11" softballs. If you are interested in joining either the Monday senior women's league or the Thursday Legends league, please call 714-536-5230 for additional information and contacts. Team registration fee for the Senior Leagues is \$200 per team, plus \$15.00 per game official's fee.

Deadline for registration is Friday, January 4, 2019. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail beginning November 26, 2018. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Summer 2019 season will be available in March for the season starting in Mid-May, 2019.

ARENA SOCCER LEAGUES

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 14, 2019. Team registration costs are \$400 per 8-week season plus referee fees of \$20 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, on the City website (www.surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call 714-536-5230. The first day of registration will be November 26, 2018. The deadline to turn in team registration is January 7, 2019. A manager's meeting will be held prior to the start of the league on Wednesday, January 9, 2019.

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

Registration information for the Spring 2019 season will be available in February, 2019 for the season starting in late March/early April, 2019.

SURF & SKATE

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. *No Class Dates: Jan-21, Feb-16, Feb-18, Feb-20.*

The Rinks Westminster ICE 13071 Springdale St, Westminster

151312-1A	17 yrs +	W	6:40-7:10pm	1/9-1/30	\$38
151312-1B	17 yrs +	W	6:40-7:10pm	2/27-3/20	\$38
151312-1C	17 yrs +	Sa	10:15-10:45am	1/12-2/2	\$38
151312-1D	17 yrs +	Sa	10:15-10:45am	3/2-3/23	\$38

LEARN TO SURF

This is four one and a half hour surf lessons that stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students should be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach, Bill Sharp with 30 years experience. www.hbsurfschool.com.

HB Surf School City Beach

151403-2A	18 yrs +	Sa	10-11:30am	2/2-2/23	\$245
151403-2B	18 yrs +	Sa	10-11:30am	3/2-3/23	\$245

PRIVATE AND SEMI-PRIVATE SURF LESSONS

For more information on surf classes, please contact (714)536-5486

WELLNESS

To register call 714-536-5600.

HOAG LECTURES

MINDFULNESS AS MEDICINE

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga can help reduce stress and improve quality of life. Join our Hoag Medical Group internist, Amit Hiteshi, M.D. as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

Hoag Senior Center in Central Park
153304-5A 18 yrs + M 1:30-2:30pm 1/7 Free

VITAMIN D AND KIDNEY HEALTH

An educational discussion on Vitamin D and how it pertains to your overall health, who needs it and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore, they will discuss how to keep your kidneys healthy.

Hoag Senior Center in Central Park
153305-5A 18 yrs + W 1:30-2:30pm 2/20 Free

THE "GRAND" IN GRANDPARENT

Becoming a grandparent is an exciting time but can also present some challenges as you adapt to this new role. Join our Hoag Medical Group pediatrician for an engaging and informative series on how to prepare yourself to be the grandparent you want to be. During this first presentation she will share tips for avoiding common pitfalls, identifying your role and reaping the rewards.

Hoag Senior Center in Central Park
153373-5A 18 yrs + W 1:30-2:30pm 1/9 Free

ABC'S OF HEREDITARY CANCER

Do you have a history of cancer? Are you worried about getting cancer? Learn how to gather and analyze your own family history for features of hereditary cancer, when to consider a genetics consultation and what's involved with genetic testing.

Hoag Senior Center in Central Park
153384-5A 18 yrs + M 10-11am 2/4 Free

TREATING ARTHRITIS WITH NONSURGICAL OPTIONS

Arthritis is a common disorder where joints experience swelling, discomfort and even pain. With the proper tools and education, many patients can successfully treat arthritis without surgery. Join Dr. Adam Rivadeneyra to discuss ways to treat arthritis without surgery and learn tips to strengthen and support your joints to prevent arthritis from worsening.

Hoag Senior Center in Central Park
153385-5A 18 yrs + Th 1:30-2:30pm 1/17 Free

DIET & LIFESTYLE TIPS TO HELP REDUCE YOUR BLOOD PRESSURE

Join Hoag Medical Group endocrinologist, Eric Stevens, MD, for an informative presentation on ways to lower your blood pressure. He will discuss how simple changes to your diet and lifestyle can have a positive impact on your blood pressure and overall health.

Hoag **Senior Center in Central Park**
 153386-5A 18 yrs + Th 1-2pm 1/10 Free

SLEEP DISORDERS AND TREATMENTS

Do you suffer from snoring, insomnia and/or excessive daytime sleepiness? Learn about the symptoms and treatment options available for sleep disorders.

Hoag **Senior Center in Central Park**
 153387-5A 18 yrs + Th 10-11am 2/14 Free

STRESS IMPACT WHEN YOU HAVE DIABETES

Join a social worker from the Mary & Dick Allen Diabetes Center as they share the impact stress has on your life when you have diabetes and how you can combat it.

Hoag **Senior Center in Central Park**
 153388-5A 18 yrs + Th 10-11am 3/14 Free

FINDING MOMENTS FOR EXERCISE

Exercise is critical for good health but finding time to fit it in can be difficult. Join Dr. Aditi Correa, our Hoag Medical Group internist, for an educational presentation on ways to fit exercise into your daily routine. Whether it is doing squats while brushing your teeth or participating in push-ups while watching TV, Dr. Correa will share some helpful tips you can put into action immediately.

Hoag **Senior Center in Central Park**
 153389-5A 18 yrs + Th 1-2pm 2/14 Free



hoag

A member of the
St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Checks
 January 8, February 5, March 5
 9:30-11:30am

Hearing Screening
 January 9, February 13, March 13
 9:30-11:30am

ORANGE COAST MEMORIAL LECTURES SIGN up through Orange Coast Memorial 1-800-MEMORIAL (1-800-636-6742)

EAT YOUR WAY TO BETTER HEALTH

This complimentary nutrition class, presented by a clinical dietitian at MemorialCare Orange Coast Medical Center, will focus on foods that help to maintain and improve health as we age. Space is limited and reservations are required. RSVP: 1-800-636-6742.

Orange Coast Memorial **Senior Center in Central Park**
 18+ Th 3-4:30pm 1/17 Free

HIGH BLOOD PRESSURE PREVENTION & TREATMENT

A clinician with MemorialCare Orange Coast Medical Center, will discuss prevention strategies, risk factors and treatment for high blood pressure. Space is limited and reservations are required. RSVP: 1-800-636-6742.

Orange Coast Memorial **Senior Center in Central Park**
 18+ Th 3-4:30pm 2/21 Free

DEALING WITH LIFE CHANGES AND LOSS

This complimentary class, presented by a clinical social worker at MemorialCare Orange Coast Medical Center, will focus on coping strategies for life changes and loss as we age. Space is limited and reservations are required. RSVP: 1-800-636-6742.

Orange Coast Memorial **Senior Center in Central Park**
 18+ Th 3-4:30pm 3/21 Free



**Parks
 Make
 Life
 Better!**

Parks & Recreation
 Reduce Stress