## Beginning Ballet

**8 Weeks, $94**

Beginning Ballet will teach the fundamentals of ballet and focus on the classical elements of technique and alignment while toning the entire body with different sculpting exercises.

**Instructor: OC Dance Productions Staff** **(714) 389-1933**
**Location: Sports Center at Grijalva Park**

| | | | | |
|---|---|---|---|---|
| 36906 | Thu | Jan 17–Mar 07 | 18+ | 7:00–8:00 p.m. |

## Beginning Dance with Kayla

**4 Weeks, $49**

With easy to follow instruction, you will learn the classic moves of these popular dances. A $2 material fee payable to the instructor is due at the first class meeting. Students must wear soft-soled shoes to class.

**Instructor: Kaylaa Fox & Staff** **(714) 205-4425**
**kaylaa@dancequick.com**
**Location: Sports Center at Grijalva Park**

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|---|---|---|---|---|
| **Swing Basics:** | | | | |
| 37217 | Thu | Jan 17–Feb 07 | 16+ | 8:00–8:55 p.m. |
| 37218 | Thu | Feb 21–Mar 14 | 16+ | 8:00–8:55 p.m. |
| **Ballroom:** | | | | |
| TRIAL | Fri | Jan 11 | 16+ | 7:45–8:30 p.m. |
| 36898 | Fri | Jan 18–Feb 08 | 16+ | 7:45–8:30 p.m. |
| 36899 | Fri | Feb 15–Mar 08 | 16+ | 7:45–8:30 p.m. |
| **Line Dance:** | | | | |
| TRIAL | Fri | Jan 11 | 16+ | 7:00–7:45 p.m. |
| 36960 | Fri | Jan 18–Feb 08 | 16+ | 7:00–7:45 p.m. |
| 36961 | Fri | Feb 15–Mar 08 | 16+ | 7:00–7:45 p.m. |

## NEW Jazz Dance

**8 Weeks, $69**

Get in shape and learn to dance! In this class, we will do stretching and conditioning warm-ups, turns & jumps, traveling dance steps across-the-floor, and learn different dance combinations. We will explore different styles of Jazz such as Classical, Contemporary, Latin, Funk, and Broadway. Dance or exercise attire required.

**Instructor: Laura Kerr** **(949) 342-6490**
**Location: Sports Center at Grijalva Park**

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|---|---|---|---|---|
| 37464 | Fri | Jan 18–Mar 22 | 13+ | 5:45–6:45 p.m. |

## NEW Dance Strength & Stretch

**5 Weeks, $59**

Increase your flexibility, strengthen your core, and improve overall muscle control in this dance stretching & strengthening class. This class is designed to supplement your other dance classes, although it may be taken alone as a great form of exercise. Dance or exercise attire required.

**Instructor: Laura Kerr** **(949) 342-6490**
**Location: Sports Center at Grijalva Park**

| | | | | |
|---|---|---|---|---|
| TRIAL | Sat | Jan 12 | 13+ | 10:00–11:00 a.m. |
| 37465 | Fri | Jan 18–Feb 15 | 13+ | 6:45–7:45 p.m. |
| 37466 | Fri | Feb 22–Mar 22 | 13+ | 6:45–7:45 p.m. |

## NEW Slow Dancing & Swing

**4 Weeks, $40**

The most popular dances at dance venues are slow dances and Swing. The basic patterns of each dance will be taught in a fun, supportive environment. Class will focus on leading, following, footwork, timing and styling. Singles dancers and couples welcome.

**Instructor: Phil's Ballroom Staff** **(714) 744-6015**
**Location: Phill's Ballroom Dance Studio,**
940 W. Chapman Ave., Orange 92866

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|---|---|---|---|---|
| 37439 | Mon | Jan 14–Feb 04 | 18+ | 7:00–8:00 p.m. |
| 37440 | Mon | Feb 11–Mar 11 | 18+ | 7:00–8:00 p.m. |

## NEW Argentine Tango

**4 Weeks, $39**

Come learn the beautiful, sensual Argentine Tango taught by a professional dance duo. This dance is highly expressive and can be learned easily by those who struggle with dance rhythm. Wear soft-soled shoes to class. Single dancers and couples are welcome.

**Instructor: Yoga in the Hills Staff** **(714) 289-2248**
**Location: Sports Center at Grijalva Park**

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|---|---|---|---|---|
| 37455 | Mon | Jan 14–Feb 04 | 18+ | 8:00–9:00 p.m. |

## NEW Dancer's Workout

**10 Weeks, $95**

This cardio aerobic exercise uses different dance techniques and combinations to shake off those pounds. Ballet, jazz, hip hop, balance balls, and yoga mats are used to enhance this fun upbeat workout.

**Instructors: Sharp Academy of Dance Staff** **(714) 873-0338**
**Location: Sharp Academy of Dance,**
940 W. Chapman Ave. Suite 103, Orange 92868

| | | | | |
|---|---|---|---|---|
| 37460 | Tue | Jan 15–Mar 19 | 18+ | 8:00–9:00 a.m. |
| 37459 | Wed | Jan 16–Mar 20 | 18+ | 8:30–9:30 p.m. |

## Belly Dance

### 9 Weeks

Experience the graceful and fun moves of Egyptian Belly Dance. Each semester offers new choreography highlighting different aspects of this intoxicating dance with insightful connections to its cultural roots. Participants in the Comprehensive class dance with the Introductory class and then stay for an additional hour to learn more professional techniques and advanced choreography.

**Instructor: Kahena Viale** **sacreddancer2@gmail.com**
**Location: Shaffer Park Building**

**Introductory $65**

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|---|---|---|---|---|
| 36918 | Thu | Jan 17–Mar 14 | 8+ | 6:45–8:15 p.m. |

**Comprehensive $85**

| | | | | |
|---|---|---|---|---|
| 36919 | Thu | Jan 17–Mar 14 | 8+ | 6:45–9:15 p.m. |

## Salsa Latin Mix

### 4 Weeks, $39

Don't be left out of the hottest dance craze! This course introduces you to the basic elements of salsa dancing, as well as other Latin rhythms such as Cha Cha Cha, Bachata, and Merengue. You will learn the essentials such as timing, rhythm, leading, following, posture, framing, hand placement, and much more.

**Instructor: Tomas Olivera** **(562) 673-2945**
**Location: Olive Park Building**

**Beginning**

| | | | | |
|---|---|---|---|---|
| 37187 | Fri | Jan 18–Feb 08 | 14+ | 7:00–8:00 p.m. |
| 37188 | Fri | Feb 22–Mar 15 | 14+ | 7:00–8:00 p.m. |

**Intermediate**

| | | | | |
|---|---|---|---|---|
| 37189 | Fri | Jan 18–Feb 08 | 14+ | 8:00–9:00 p.m. |
| 37190 | Fri | Feb 22–Mar 15 | 14+ | 8:00–9:00 p.m. |

## NEW Sitting Strong

### 5 Weeks, $90

This workshop for the Active Aging Adult builds strength and endurance in the comfort of a chair. This series will include Pilates, Yoga, and core strengthening with the help of fitness circles, bands, and weights. Any age is welcome.

**Instructor: The Yoga Mat Staff** **(714) 403-1550**
**Location: Olive Park**

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|---|---|---|---|---|
| 37453 | M/W | Jan 14–Feb 13 | 18+ | 8:00–9:00 a.m. |

**Location: The Yoga Mat Studio,**
1315 North Tustin Street, Orange, CA 92867

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|---|---|---|---|---|
| 37452 | T/Th | Jan 15–Feb 14 | 18+ | 12:30–1:30 p.m. |

## NEW Boot Camp

### 5 Weeks, $100/*4 Weeks, $90

Kick it up a notch with strength training and aerobic workouts. Strengthen your core while toning muscles. Bring comfortable shoes and water. Meet at diamond 1.

**Instructor: The Yoga Mat Staff** **(714) 403-1550**
**Location: Steve Ambriz Memorial Park**

| | | | | |
|---|---|---|---|---|
| 36920 | M/W | Jan 14–Feb 13 | 18+ | 9:30–10:30 a.m. |
| 37512 | M/W | Feb 25–Mar 20 | 18+ | 9:30–10:30 a.m. |

## Cardio Boot Camp™

### 4 Weeks, $139

Cardio Boot Camp is a high energy outdoor circuit-training class. Meet new people, burn calories, increase lean muscle mass, and lose body fat. Cardio Boot Camp is designed for all fitness levels and includes nutrition counseling. Be sure to wear good running shoes and bring a mat, 5-8 lb. hand weights, and plenty of water. No class will be held on 2/18/13.

**Instructor: OC Body Business Staff** **(949) 480-1742**
**iamfit@ocbodybusiness.com**
**Location: Grijalva Park**

| | | | | |
|---|---|---|---|---|
| 36933 | M/W/F | Jan 14–Feb 08 | 18+ | 5:30–6:30 a.m. |
| 36934 | M/W/F | Feb 19–Mar 15 | 18+ | 5:30–6:30 a.m. |

## Barre Body

### 10 Weeks, $99

Barre Body incorporates dance conditioning, basic ballet, pilates, and yoga movements along with toning exercises to strengthen and tone out the entire body and increase your flexibility. Movements are done along the barre, as well as center floor to energizing and motivating music. Class concludes with yoga stretches and savasana to lengthen out muscles and relax the body and mind. Please bring yoga mat.

**Instructor: OC Dance Productions Staff** **(714) 389-1933**
**Location: Sports Center at Grijalva Park**

| | | | | |
|---|---|---|---|---|
| 36900 | Thu | Jan 17–Mar 07 | 18+ | 6:00–6:50 p.m. |

## NEW Core Strength Training

### 5 Weeks, $49

This class combines a full body workout with focus on your core. Working your core can help you maintain muscular balance, improve postural control, strengthen the abdominal and lower back muscles and increase lean muscle mass. Stability balls and weighted medicine balls are used help to improve resistance and improve muscular strength. A mat, stability ball and water are required.

**Instructor: OC Body Business Staff** **(949) 480-1742**
**www.ocbodybusiness.com**
**Location: Sports Center at Grijalva Park**

| | | | | |
|---|---|---|---|---|
| 37516 | Wed | Jan 16–Feb 13 | 18+ | 6:15–7:15 p.m. |
| 37517 | Wed | Feb 20–Mar 20 | 18+ | 6:15–7:15 p.m. |