Beginning Ballet for Teens

8 Weeks, $69

Learn the grace and elegance of ballet in this introductory course where students will learn positions and steps, alignment, balance, stretching, toning, and control. Dance or exercise attire with ballet slippers recommended. No class will be held on 5/25/13.

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

37619	Sat	Apr 06–Jun 01	13–17 yrs	9:00–10:00 a.m.

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

38425	Thu	Apr 11–May 30	18+	7:00–8:00 p.m.

Jazz Dance

9 Weeks, $75

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. No class will be held on 5/24/13.

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

37856	Fri	Apr 05–Jun 07	13+	5:30–6:45 p.m.

Dance Strength & Stretch

4 Weeks, $26

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. No class will be held on 5/24/13.

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

37728	Fri	Apr 05–Apr 26	13+	7:00–7:45 p.m.
37729	Fri	May 03–May 31	13+	7:00–7:45 p.m.

Belly Dance

9 Weeks

Experience the graceful and fun moves of Egyptian Belly Dance as you learn to shimmy, hip lift and undualte to exciting Arabic music. Each semester a new choreography will be introduced highlighting different aspects of this fabulous dance with insightful connections to its cultural base.

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

Introductory $65

37655	Thu	Apr 04–May 30	8+	6:45–8:15 p.m.

Comprehensive $85

37656	Thu	Apr 04–May 30	10+	6:45–9:15 p.m.

Belly Dance Fusion

5 Weeks, $40

This exciting class introduces Egyptian cabaret belly dance in a fun and invigorating style. You will learn proper body alignment, posture and movements to get a fun and challenging work out. All fitness levels are welcome.

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Sports Center at Grijalva Park

37653	Sat	Apr 06–May 04	18+	11:05–11:55 a.m.
37654	Sat	May 11–Jun 08	18+	11:05–11:55 a.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

Swing Basics:

38029	Thu	Apr 04–May 02	16+	8:00–8:55 p.m.
38030	Thu	May 09–Jun 06	16+	8:00–8:55 p.m.

Ballroom:

37620	Fri	Apr 05–Apr 26	16+	7:45–8:30 p.m.
37621	Fri	May 03–May 24	16+	7:45–8:30 p.m.

Line Dance:

37714	Fri	Apr 05–Apr 26	16+	7:00–7:45 p.m.
37715	Fri	May 03–May 24	16+	7:00–7:45 p.m.

Phill's Ballroom Dance Studio
940 W. Chapman Ave., Orange 92866
(714) 744-6015

Swing, foxtrot & cha-cha are the most popular dances at any venue. Learn the basic patterns focusing on lead/follow, timing, and styling that will get you dancing in a hurry. Class has a lead instructor and assistant instructors to offer help if needed. Enrollment can be used for intermediate & advance classes. No class will be held on 5/27/13.

All Courses 4 Weeks, $40

Beginning Fox Trot

37644	Mon	Apr 08–Apr 29	18+	7:00–8:00 p.m

Beginning Cha Cha

37641	Mon	May 06–Jun 03	18+	8:00–9:00 p.m.

Beginning Swing

38031	Tue	Apr 09–Apr 30	18+	8:00–9:00 p.m.
38207	Mon	May 06–Jun 03	18+	7:00–8:00 p.m.

Beginning Tango

37652	Mon	May 06–Jun 03	18+	8:00–9:00 p.m.

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: Yoga in the Hills Studio,
7444 E. Chapman Ave., Orange 92869

37601	Mon	Apr 01–Apr 22	18+	8:00–9:00 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				
37994	Fri	Apr 05–Apr 26	14+	7:00–8:00 p.m.
37995	Fri	May 10–May 31	14+	7:00–8:00 p.m.
Intermediate				
37996	Fri	Apr 05–Apr 26	14+	8:00–9:00 p.m.
37997	Fri	May 10–May 31	14+	8:00–9:00 p.m.

NEW Hoopdance

8 Weeks, $100

Hoopnotica Hoopdance is a cardiovascular exercise that uses an adult sized hula hoop (about 1.5 lbs) to build balance, strengthen core muscles, and tone the entire body. Unlike traditional 'hula hooping', Hoopdance uses the hoop on all parts of the body (waist, hips, thighs, chest, neck, & arms) and travels on and off of the horizontal plane. In addition to physical benefits, Hoopdance reduces stress, increases self-confidence, and generates joy and laughter.

Instructor: Rhythm and Flow Staff **(714) 820-3101**
Location: Sports Center at Grijalva Park

38322	Sat	Apr 06–May 25	18+	10:30–11:30 a.m.

Cardio Boot Camp™

5 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 5/27/13.

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

37676	M/W/F	Apr 01–May 03	18+	5:30–6:30 a.m.
37677	M/W/F	May 13–Jun 17	18+	5:30–6:30 a.m.

Fitness for Older Adults

Zumba Gold

5 Weeks, $40

Basic Zumba moves for older adults of all fitness levels. This class addresses the anatomical, physiological and psychological needs specific to this population. Be prepared to have fun and dance, you will not even realize you're exercising! No class will be held on 5/28/13.

Instructor: Inertia Fitness Team **(714) 469-8039**
Location: Steve Ambriz Memorial Park

38163	Tue	Apr 02–Apr 30	18+	7:00–7:50 p.m.
38165	Tue	May 07–Jun 11	18+	7:00–7:50 p.m.
Location: Sports Center at Grijalva Park				
38164	Sat	Apr 06–May 04	18+	10:15–11:05 a.m.
38166	Sat	May 11–Jun 08	18+	10:15–11:05 a.m.

Amazing Grays, How Fit Thou Art

5 Weeks, $49

This fun, low impact fitness class designed for those 50 years or older will help you get fit using weights, resistance bands, dance and stretching exercise. This class is ideal for the more seasoned body, but young at heart!

Instructor: Sue Burchfiel **(951) 544-8728**
Location: Olive Park Building

37582	Fri	Apr 05–May 03	50+	9:00–10:00 a.m.
37583	Fri	May 10–Jun 07	50+	9:00–10:00 a.m.

Barre Body

8 Weeks, $94

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

37631	Tue	Apr 09–May 28	18+	6:45–7:45 p.m.

Cardio Barre Body

8 Weeks, $94

Get your heart rate up with cardio dance moves at the barre and center floor. Tone with resistance training for full body workout. This class combines cardio ballet and fitness movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging body and mind. Ends in yoga stretches. Bring yoga mat and 2 lb. weights.

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

38206	Thu	Apr 18–Jun 18	18+	6:00–7:00 p.m.