

SLOW YOGA ...

Breathe, stretch, balance, get upside down and relax! Start your week with 45-minutes of postures and 15 minutes of conscious relaxation. Begin the week stress free! Wear comfortable, stretchy clothing. Please bring a yoga mat. **Instructor: Jheri St.James - jheristjames@yahoo.com**

\$90 for 10 classes. Drop-in: \$14.

Half price for Seniors 60+

#24590 Monday 7:00-8:00pm Studio#2
Jan 24 - March 28

YOGA BALL

Be in your best shape ever! This class is excellent for relieving pain associated with shoulder /rotator cuff, low back/sciatica, and knee injuries. This class is therapeutic targeting the trans-verse abdominals (deepest core muscles). Prevent future injuries, build muscle and burn fat! Bring a ball and a yoga mat to class.



Instructor: Carrie Pitt - sacredanatomy@cox.net

\$127 for 11 classes. Drop-in: \$15

Seniors 55+ - \$104 for 11 classes. Senior Drop-in: \$12

#24591 Wednesday 1:00-2:25pm Studio#2
Jan 12 - March 23

SACRED ANATOMY YOGA

Stop hurting, start healing! A Therapeutic Blend of Different Yoga Traditions - Experience the power of healing using bio-feedback Yogic breath techniques that have been scientifically proven to help **lower blood pressure, neutralize stress hormones, and reduce cellular inflammation**. Learn movements that increase your range of motion, improve your balance and increase strength. Gain relief from aches and pains in this class. Bring a yoga mat.

Instructor: Carrie Pitt - sacredanatomy@cox.net

\$127 for 11 classes. Drop-in: \$15

Seniors 55+ - \$104 for 11 classes. Senior Drop-in: \$12

#24593 Tuesday 1:00-2:30pm Studio#1
Jan 11 - March 29, skips March 3

#24594 Thursday 6:00-7:25pm Studio#2
Jan 13 - March 31, skips Feb 3

#24595 Friday 1:00-2:30pm Studio#1
Jan 14 - March 25

INTERMEDIATE YOGA

This class is recommended for those with previous yoga experience, not suited for individuals with serious physical limitations. Shana has been teaching yoga privately at the college level for over 23 years. She has studied in India, New York, and California and holds an MFA Degree in Dance and is BASI certified in Pilates mat work. Her approach to the body emphasizes a balance of strength and flexibility, a vibrant core, and attention on the breath to achieve a greater sense of peace and well-being. Please bring a Yoga mat. **Instructor: Shana Menaker - localcharm@gmail.com, 949-533-0936**

\$66 for 6 classes. Drop-in: \$15.

#24599 Wednesday 6:20-7:40pm Studio#2
Feb 9 - March 16

kyne dance academy ★ adults

With over 30 years experience in Laguna Beach, KDA instructors provide fun classes of all styles & levels!

***Skips ski week 2/21 - 2/25**

new! ballet

Includes barre work with emphasis on line and placement, centre and across-the-floor combinations for improved grace, strength and control. Pink leather ballet shoes with elastic required. **Instructor: Kathy Kahn**

\$204 for 12 classes - Levels II/III

No Drop-Ins

#24601 W 1/5 - 3/30* 9:30-11:00am Studio# 2

ballet stretch

Includes ballet technique at the barre, stretching, strengthening and exercises while improving flexibility, grace, coordination and balance. Pink leather ballet shoes with elastic required.

Instructor: Ondine Bierbaum

\$180 for 12 classes - Levels I/II

No Drop-Ins

#24602 W 1/5 - 3/30* 7:00-8:00pm Studio# 1

pilates

Strengthen and tone muscles, increase flexibility, develop proper body alignment, improve coordination and develop an increased sense of body awareness. Bring a mat and theraband. **Instructor: Lacey Yell**

\$180 for 12 classes - All Levels

No Drop-Ins

#24603 W 1/5 - 3/30* 6:00-7:00pm Studio# 1

#24604 F 1/7 - 4/1* 12:00-1:00pm Studio# 2

new! zumba

Zumba is a Latin-inspired, dance fitness program that maximizes caloric output with easy-to-follow steps for body sculpting that targets the core, abdominals, arms and legs. It's fun and designed for everyone – all levels!

Instructor: Janel Gauger

\$180 for 12 classes - All Levels

No Drop-Ins

#24605 TH 1/6 - 3/31* 9:30-10:30am Studio# 1

cardio hip hop

Learn the latest moves in these funky, fun, high-energy classes that include warm up, across-the-floor combinations and the coolest routines! Sneakers required. **Instructor: Erika Fernandez**

\$180 for 12 classes - All Levels

No Drop-Ins

#24606 T 1/4 - 3/29* 6:30-7:30pm Studio# 2

tap

Fun rhythms of all styles to great music. Across the floor and center practice improves timing, coordination and style.

\$180 for 12 classes

No Drop-Ins

Levels I/II - Instructor Patty Tacklind

#24607 T 1/4 - 3/29* 11:00-12 noon Studio# 1

Levels II/III - Instructor Lacey Yell

#24609 W 1/5 - 3/30* 5:00-6:00pm Studio# 2

Levels III - Instructor Pauline Kyne

#24610 T 1/4 - 3/29* 10:00-11:00am Studio# 1

Dance | Fitness

SELF-AWARENESS INSTITUTE MEDITATION & RELAXATION



Would you like to feel peaceful, connected and learn meditation techniques to melt away your stress? In this inspiring, friendly class, you will improve your clarity and insight while creating emotional well-being. Learn a simple way to tune in and feel your inner peace. Bring a mat. **Instructor: Jim Smith**

\$35 for 11 classes. Drop-in: \$5

#24624 Monday 7:30-8:45pm Studio#1
Jan 3 - March 28, skips 1/17 & 2/21

CHI KONG WITH ROSE TING

Low-impact Chinese exercise will promote balance, coordination, flexibility, increased energy, stress reduction, improved blood flow, a sense of well-being and a slower aging process. Please wear comfortable clothes and flat shoes.

Instructor: Rose Ting

\$42 for 13 classes. Drop-in: \$4. Free to Seniors 55+

#24630 Thursday 11:50am-12:50pm Studio#2
Jan 6 - March 31

TAI CHI CH'UAN

The continuous, fluid movements of Tai Chi Ch'uan will enable your muscles, bones, nerves and circulatory system to blend in harmony while you gain balance, coordination and flexibility. "Chi" is circulated through your body, massaging internal organs and toning muscles to produce vibrant health. Tai Chi combines the strengthening strategies of Pilates-style exercise and dynamic yoga stretches.

Instructor: Valarie Prince Gabel - chipowr@aol.com

\$54 for 6 classes. Drop-in: \$12

Beginning

#24625 Monday 7:00-9:00pm LP-G
Jan 3 - Feb 14, skips 1/17

#24629 Monday 7:00-9:00pm LP-G
Feb 28 - March 28 **\$45 for 5 classes**

Intermediate / Advanced

#24627 Thursday 7:00-9:00pm LP-G
Jan 6 - Feb 17 **\$63 for 7 classes**

#24628 Thursday 7:00-9:00pm LP-G
Feb 24 - March 31

JAZZERCISE

SEE WHAT THE BUZZ IS ALL ABOUT!



Two-time Dancing With The Stars Champion Cheryl Burke stays in shape with Jazzercise and now you can too! It combines fat-burning aerobic dance with weight training and core work for an energizing, fun workout that will tone, burn calories and build cardio endurance and muscle strength. Original routines are set to a variety of current, upbeat music. Weights, mats and resistance tubes provided. No experience necessary. **Instructor: Karen Hogenauer & staff**
karenhogie@yahoo.com

\$56 for 8 interchangeable classes. Drop-in: \$10
Winter Quarter Pass: \$150 (Activity #24632)

#24633 Tues/Thurs/Sa 8:30-9:30am LP-G
Dec 21 - April 2, skips 12/25 & 1/1

CARDIO DANCE FUSION

Be prepared to be challenged, sweat and have fun! This class emphasizes fat-burning, booty-sculpting, cardio dance along with powerful martial arts moves, yoga postures and core strengthening exercises for the ultimate in fusion fitness. It is sure to take you to another level in both mind and body. Inspiring music and mindful meditation leaves you feeling positively rejuvenated. Bring a yoga mat and water. **Intermediate-Advanced. Instructor: Beth Enrgren**
eloerngren@gmail.com

\$109 for 8 interchangeable classes. Drop-in: \$15

#24634 Wed/Fri 8:45-10:00am Studio#1
Jan 12 - March 18

MARY'S SENSATIONAL AFTER 60!

Stay strong and flexible! This easy, low-impact class emphasizes all over body strengthening with balance training. As your personal trainer, I will guide you through moderate exercises done safely and gently. Abdominal strength is the key to a healthy back and body and gentle total body stretching increases your flexibility. Increase your vitality, energy and stamina! Wear loose clothing and supportive shoes. Bring yoga mat, hand weights, resistant tubing with handles and water. **Instructor: Mary Schmidt**



\$60 for 5 classes. Drop-in: \$12

#24635 Monday 11:05am-12 noon Studio#2
Jan 3 - Feb 14, skips 1/10 & 1/17

#24636 Wednesday 11:05am-12 noon Studio#2
Jan 5 - Feb 9, skips 1/12

#24637 Monday 11:05am-12 noon Studio#2
Feb 28 - Mar 28

#24638 Wednesday 11:05am-12 noon Studio#2
Feb 23 - March 23

MARY'S TOTAL BODY FITNESS CAMP

GET INTO YOUR JEANS AND GET INTO THE BEST SHAPE OF YOUR LIFE! Become a FIRM BELIEVER. Shift your metabolism into "QUICK WEIGHT LOSS" mode. Burn more calories 24 hours a day. BANISH STUBBORN BULGES! Lift your butt, tighten your thighs, de-jiggle your arms with these "secret" reshaping moves that really work. A fun and fast paced circuit training, weight lifting, Pilates deep core conditioning and yoga stretching class for moderate to advanced levels. Bring: yoga mat, hand weights, resistant tubing with handles and water. **Instructor: Mary G Schmidt, CPT - yourpersonalbest@cox.net**

\$60 for 5 classes. Drop-in: \$12

#24639 Monday 12:05-12:55pm Studio#2
Jan 3 - Feb 14, skips 1/10 & 1/17

#24640 Wednesday 12:05-12:55pm Studio#2
Jan 5 - Feb 9, skips 1/12

#24641 Monday 12:05-12:55pm Studio#2
Feb 28 - Mar 28

#24642 Wednesday 12:05-12:55pm Studio#2
Feb 23 - March 23

LESLIE'S CO-ED STRETCH & STRENGTHEN WORKOUT!



Strengthen your back and joints and prevent injuries! Pursue a healthy lifestyle by integrating a highly functional workout using The Harris Method! You will benefit from stretching and weight bearing exercises in these lively classes. Sculpt, tone and build muscle while uplifting your spirit! Improve your stamina and create lean muscle mass as you learn more about fundamental health basics. Increase your balance and confidence with brain training exercises! Please bring a towel, a mat, handweights and water. **Instructor: Leslie Davis**

\$96 for 12 classes. Drop-in: \$10

#24643	Tues/Thurs Jan 4 - Feb 10	8:15-9:15am	Studio#1
#24644	Tues/Thurs Feb 15 - March 31, skips 3/24 & 3/29	8:15-9:15am	Studio#1



BFM BOOT CAMP

These INDOOR (5:30 a.m.) and OUTDOOR (9:15 a.m.) moderate to high intensity workouts for healthy adults and minors, ages 16 & up, will involve multiple stations, obstacle courses, calisthenics, isometrics and other fat-burning, muscle-building movements followed by anaerobic or cardiovascular activity. Nutrition, progress charts, body fat, and blood pressure testing included. Bring workout gloves, towel, mat, knee pads and water. **BFM Boot Camp staff** www.bfmbootcamp.com

\$268 for 18 classes. No drop in.

#24646	M/W/F Jan 10 - Feb 18	5:30-6:30am	Co-Ed	LP-G
#24647	M/W/F Jan 10 - Feb 18	9:30-10:30am	Women	LP
#24648	M/W/F Feb 21 - April 1	5:30-6:30am	Co-Ed	LP-G
#24649	M/W/F Feb 21 - April 1	9:30-10:30am	Women	LP

NEW! BATTLESTONE KICKBOXING

Jab, Jab, Cross, Hook in this moderate to high intensity combative workout which incorporates kickboxing, grappling, boxing, and mixed martial arts minors. This class will be a mixture of Shadow Battle and Targets including the use of bags, gloves, hand wraps, mitts and other targets.

For more information call (949) 500-7419

PARTICIPANTS: Healthy adults and minors (over 13 y/o) with signed waiver/consent forms

\$88 per month

#24650	M/Th Jan 10 - Feb 3	6:00-6:50pm	LP-G
#24651	M/Th Feb 7 - March 3	6:00-6:50pm	LP-G
#24652	M/Th March 7 - March 31	6:00-6:50pm	LP-G

\$168 for 12 classes

#24653	Wednesday Jan 12 - March 30	6:00-6:50pm	LP-G
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ZUMBA

Zumba is a fast-paced, high energy exciting exercise to Latin music class! Get your heart pumping, your hips and feet moving and have fun learning easy moves. Dress for gym, bring a water bottle and a small towel.

Instructor: Sandra Casado - sandracasado@cox.net

\$63 for 5 classes.

#24743	Wed	6:05-7:00pm	Jan 5 - Feb 2	Studio #2
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LYRICAL MODERN DANCE

Class consists of a lyrical warm up that works every muscle; technique that disciplines the body and mind; across-the-floor phrases that develop the joy of movement; and flowing combinations (sometimes resulting in pieces) that touch the soul! Instruction is designed to enhance expression through movement. **Instructor: Deborah Routson Benson dadalah@aol.com**

\$130 for 10 classes

#24754	Sat	10:00-11:30am	Jan 8 - March 12	Studio #1
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TANGO ARGENTINO/LAGUNA

In these Tango Argentino classes, you will learn the 8-Step basic and adornments, positioning, the embrace, lead-follow and walking and moving in line. Salon style will be taught. Partner not required.

Instructor: Pete Rabino - petrabino@aol.com

\$84 for 10 classes. Drop-in: \$15

Level 1

#24654	Wed	8:30-9:30pm	Jan 12 - Mar 16	Studio #1
#24655	Sat	7:30-8:30pm	Jan 15 - Mar 19	LP-G

Level 2

#24656	Sat	8:30-9:30pm	Jan 15 - Mar 19	LP-G
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LAGUNA FOLKDANCERS

Explore the music and dances of many nations and ethnic cultures with teachings from folk dance camps and old favorite dances. Teaching will be provided at a level that matches the needs of those attending, including beginners. Request dancing accepted. Partner not required. Many dances are done in lines or circles.



Laguna Folkdance Staff - www.lagunafolkdancers.org

\$48 for 12 classes. Drop-in: \$5. *Skips 2/6

#24657	Sun	7:00-9:45pm	Jan 9 - April 3*	Studio #1
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LEARN THE SALSA!

Learn how to dance Salsa from Salomon Rivera, a U.S. and World Salsa Champion! This rhythmic dance is an exciting and enjoyable way to stay fit while having a great time. Partner not required. **Instructor: Salomon Rivera mrhips@latinhips.com**

\$59 for 7 classes. Drop in \$15.

Level 1

#24658	Thur	8:00-9:00pm	Feb 17 - Mar 31	Studio #1
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Level 2

#24659	Thur	9:00-10:00pm	Feb 17 - Mar 31	Studio #1
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Dance | Fitness

Belly Dancing - "LA DANSE ORIENTALE"



Feed your femininity!! Classes include a recital and field trip. The Winter Belly Dance Recital is Thursday, March 10 at CSC, Studio #2, 8:00 p.m. Bring a hip scarf, a friend and a smile!

Instructor: Jheri St.James
Jheristjames@yahoo.com

Tuesdays - INTERMEDIATE BELLY DANCE

First half of class is from 6:30 to 7:45pm Studies will include the "8's" undulations for taxims, 17 shimmies for drum solos, Turkish sword dancing, circular veil dancing, a choreography, and improvisational / solo choreography opportunities.
Second half of class is from 7:45 to 9:00pm Repertoire and Rehearsal for performing with JJ & the Habibis Laguna Beach Belly Dancers.

\$84 for 9 classes. Drop-in: \$14

#24661 Tuesday 6:30-9:00pm Studio#1
 Jan 11 - March 8

NEW! Thursdays - SHUVANI BELLY DANCE

A one-hour introductory level class for the wise woman includes basic movements, finger cymbals, veil dance, cane dance, costumes, choreography and field trip. Enjoy dancing to beautiful music in a relaxed setting while feeding the gypsy soul!

\$43 for 8 classes. Drop-in: \$10

#24663 Thursday 10:30-11:30am Studio#1
 Jan 13 - March 3

Thursdays - "FUN"DAMENTALS OF BELLY DANCE

This is for the belly dancer in every woman and includes basic movements, playing finger cymbals while dancing, veil dancing, Egyptian cane dancing, costume creation tips and a choreography. (Veils & finger cymbals available at class - \$15 each.)

\$75 for 8 classes. Drop-in: \$14

#24662 Thursday 7:30-9:00pm Studio#2
 Jan 13 - March 3

TAE-KWON-DO



This martial arts class focuses on building strength, confidence and coordination. It is a great form of self-defense for kids and adults alike, and we encourage a strong sense of family unity. School busses stop at this location just before class starts, making this a great after school activity! The head instructor has 20 years experience. Ages 6 & up. **Instructor: James Wood**
contactjwood@gmail.com | bluwavemartialarts.org

\$60 for 10 classes (+ \$25 supply fee for uniform, due at 1st class)

Beginning / Intermediate *Skips 1/17 & 2/21 **Skips 2/25

#24664 Mon 3:30-4:30pm Jan 3 - Mar 21* LP-LG
 #24665 Fri 3:30-4:30pm Jan 7 - Mar 18** LP-LG

Intermediate / Advanced

#24666 Mon 4:30-5:30pm Jan 3 - Mar 21* LP-LG
 #24667 Fri 4:30-5:30pm Jan 7 - Mar 18** LP-LG

OKINAWAN KARATE

Learn the many aspects of traditional Karate including movements, sparring, form and self-defense applications. Improve your fitness level, posture balance, flexibility, coordination and level of concentration. The art of Karate promotes discipline, respect and confidence. Levels will be combined for a portion of class. Ages 7 & up.



Instructor: Sean Chawla - seanmchawla@yahoo.com

\$74 for 10 classes. Drop-In: \$8

Beginning / Intermediate *Skips 2/23

#24668 Wed 7:15-8:30pm Jan 12 - Mar 23* LP-LG

Advanced

#24669 Wed 7:30-9:00pm Jan 12 - Mar 23* LP-LG

MARTIAL ARTS WITH PETE RABINO

\$84 for 10 interchangeable classes. Drop in \$15

Karate & Kung Fu

Learn the Hsing-i system of Kung Fu. Physical fitness and self defense will be the prime focus.

#24670 Fri 8:00-9:00pm Jan 14 - Mar 18 LP-LG

Shuri Ryu

Chinese Okinawan system trains internally to develop the mind while externally developing strength through Shuri Ryu Karate.

#24671 Sat 6:00-7:00pm Jan 15 - Mar 19 LP-LG

Attention City of Laguna Beach Residents Keep Those Needles Out of The Trash!

The City of Laguna Beach offers a free program to collect needles, syringes, lancets, and other "sharps." Sharps Disposal by Mail kits are available to Laguna Beach residents at the following locations:

CVS Pharmacy
 30842 South Coast Hwy.
 Laguna Beach
 (949) 499-2277

Laguna Drug
 239 Broadway Street
 Laguna Beach
 (949) 715-9206

Pavilions Pharmacy
 600 No. Coast Hwy.
 Laguna Beach
 (949) 376-3383



First kit is FREE, additional kits will require a \$5 co-pay. When the sharps container is full, simply return it in the pre-paid postage return box. Proof of Laguna Beach residency is required. This program is offered by Waste Management in partnership with Sharps Compliance, Inc. For details, call Waste Management customer service at (949) 642-1191.