



ZUMBA \$20/Month
Ages 14 yrs & Up \$5/Class
Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health. Come join the party and dance your way to fitness! **Class begins June 4.**
INSTRUCTOR: Lora Wilson
LOCATION: Jerome Center, 726 S. Center St., Santa Ana, (714) 647-6559

DAY	TIME
Mon, Wed	8:00 PM - 8:50 PM

ZUMBA  \$45/Month
Ages 15 - 55 yrs
Ditch the workout! Join the Party! Zumba fitness classes feature exotic rhythms like salsa, merengue, cumbia and international beats. No need to know how to dance. This exhilarating Latin inspired workout is easy to follow, burns calories and makes you feel great while doing it. Come feel the energy and have a blast! **Class begins June 4.**
INSTRUCTOR: Aurelia Castillo
LOCATION: Salgado Center, 706 N. Newhope St., Santa Ana, (714) 571-4267

DAY	TIME	DATE
Mon, Wed	10:00 AM - 11:00 AM	6/4 - 8/29
Thu	6:30 PM - 7:30 PM	6/4 - 8/29

ZUMBA IN THE CIRCUIT  \$24/Month
Ages 16 yrs & Up \$4/Day
Take the high energy, Latin-inspired dance-fitness moves of the Zumba program and mix them with a series of strength exercises at timed intervals and you've got Zumba in the Circuit, the 30 minute workout that's putting a new spin on circuit training. Then, Zumba another 30 minutes for a fun, fitness party atmosphere! Who knew getting in shape could be so much fun, and happen in so little time! \$7 material fee for resistance band or participant can supply their own. **Class begins June 5.**
INSTRUCTOR: Laura Simon
LOCATION: Memorial Center, 2102 S. Flower St., Santa Ana (714) 571-4242

DAY	TIME
Tue, Thu	9:30 AM - 10:30 AM
Tue	6:15 PM - 7:10 PM

ZUMBA FITNESS \$20/Month
Ages 13 yrs & Up \$9/Class
Exciting and Energizing! Join us for this amazing fitness party. Making fitness fun and helping you toward all your fitness goals. **Class begins June 2.**
INSTRUCTOR: Nancy Lopez
LOCATION: Jerome Center, 726 S. Center St., Santa Ana, (714) 647-6559

DAY	TIME
Sat	10:00 AM - 11:00 AM
Tue, Thu	10:00 AM - 11:00 AM

ZUMBA \$40/Month
Ages 18 yrs & Up \$35/Month
\$20/Month
Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba class. It's easy to do, effective and totally exhilarating often building a deep-rooted community among returning students. **Class begins June 1.**

INSTRUCTOR: Maria Madrigal
LOCATION: El Salvador Center, 1825 W. Civic Center Dr., Santa Ana, (714) 647-6558

DAY	TIME
Mon-Fri	8:15 AM - 9:15 AM
Mon-Fri	10:00 AM - 11:00 AM
Mon, Wed Fri	6:00 PM - 7:00 PM

AERO-DANZE \$43/4Weeks
Ages 16 yrs & Up \$20/4Weeks
This class is the easiest way to lose weight, burn fat, learn to dance, lose weight, have fun and much more. Come take stress off, get healthy and do exercise with Latin rhythms. **Class begins June 1.**
INSTRUCTOR: Blanca Arceo

LOCATION: Jerome Center, 726 S. Center St., Santa Ana, (714) 647-6559
DAY TIME
Mon-Fri 8:30 AM - 9:30 AM

FITNESS DANCE \$20/Month
(SALSA, CUMBIA, MERENGUE AND ZUMBA)
12/Class at Memorial only
Ages 14 yrs & Up
This is a healthy class that energizes your body, develops strength, increases and defines your muscular weight to the point of having a maximum increase in your self-esteem. With this intense and continuous exercise class you are going to achieve a better and active life style that allows you to feel better every day. Bilingual instruction is available. **Free 1 day trial available at Memorial Center Only. Class begins June 4.**

INSTRUCTOR: Nydia Duran
LOCATION: Memorial Center, (714) 571-4242, and Santa Anita Center (714) 647-6552

DAY	TIME	AGES	LOCATION
Mon, Wed	9:00 AM - 9:55 AM	16 & Up	Memorial Center, 2102 S. Flower St., Santa Ana
Mon, Wed	6:00 PM - 6:55 PM	16 & Up	Memorial Center, 2102 S. Flower St., Santa Ana
Tue, Thu	9:00 AM - 10:00 AM	14 & Up	Santa Anita, Center, 300 S. Figueroa St., Santa Ana

YOGA

\$25/Month

Ages 16 yrs & Up

This beginning yoga class covers breathing techniques and basic yoga postures. Postures are broken down (demonstrated), and the instructor leads the flow at a deliberate pace with an emphasis on alignment and breath. Students will become in tune with their body, as you strengthen and tone. Through focus and relaxation you will improve your breath awareness and control. **Free 1 day trial class is available. Class begins June 2.**

INSTRUCTOR: Chihiro Sano

LOCATION: Memorial Center, 2102 S. Flower St., Santa Ana
(714) 571-4242

DAY	TIME
Wed	10:15 AM - 11:10 AM
Thu	7:30 PM - 8:25 PM
Sat	9:00 AM - 9:55 AM

HEALTHY MOVES, HEALTHY LIVES Donation

Ages 45 yrs & Up

An exercise program developed for any age with an emphasis on older adults. The class is structured to focus on four key areas important to health and fitness of mature participants; stretching and flexibility; low impact aerobics; strength training; and balance. A fun atmosphere at a level within your capacity. Each session provides social stimulation as well as physical benefits. **Class begins June 5.**

INSTRUCTOR: Suzanne Ryan

LOCATION: Southwest Senior Center, 2201 W. McFadden Ave., Santa Ana, (714) 647-5306

DAY	TIME
Tue, Thu	10:30 AM - 11:30 AM

BEGINNING AEROBICS

\$15/Month

Ages 15 yrs & Up \$5/Class, \$30Bundle/Month

A total fun and exciting low-impact aerobics class; a total body workout by doing simple dance steps, slow stretching, floor routines, firming and toning. Exercises are combined with a variety of music and dance styles. Bring a mat and start getting in shape! Bundle: Beginning and step aerobics, 4 days a week. **Class begins June 5.**

INSTRUCTOR: Flor Hernandez

LOCATION: Jerome Center (714) 647-6559
Logan Center (714) 571-4263

DAY	TIME	LOCATION
Tue, Thu	6:00 PM - 6:50 PM	Jerome Center, 726 S. Center St., Santa Ana
Tue, Thu	7:15 PM - 8:15 PM	Logan Center, 1009 N. Custer St., Santa Ana



STEP AEROBICS

\$20/Month

Ages 15 yrs & Up \$5/Class, \$30Bundle/Month

Step aerobics is a high calorie burning workout done with a variety of music styles; a total fun body workout that accommodates all fitness levels. Step combination's are easy to follow, upper body work out is done with hand weights, and class ends with floor abdominal workouts. Bring a step, hand weights, mat, and start getting in shape. Bundle: Beginning and step aerobics, 4 days a week. **Class begins June 4.**

INSTRUCTOR: Flor Hernandez

LOCATION: Jerome Center, 726 S. Center St., Santa Ana,
(714) 647-6559

DAY	TIME
Mon, Wed	5:00 PM - 5:50 PM

AEROBICS

\$20/Month

Ages 15 yrs & Up

Aerobics is a great form of exercise to tone muscles and improve your cardiovascular system. Tone your body by using step, weights, exercising ball and bands. The class is designed for beginners and intermediate. Join in! **Mandatory to bring dumbbells, floor mat, aerobics step and stability ball. Class begins June 4.**

INSTRUCTOR: Denise Robles

LOCATION: Salgado Center, 706 N. Newhope St., Santa Ana,
(714) 571-4267

DAY	TIME	DATE	LEVEL
Mon, Wed	6:00 PM - 7:00 PM	6/4 - 8/15	Beg./Intermediate
Mon, Wed	7:00 PM - 8:00 PM	6/4 - 8/15	Beg./Intermediate
Mon, Wed	6:30 PM - 7:30 PM	8/20 - 8/29	Beg./Intermediate
Mon, Wed	7:30 PM - 8:30 PM	8/20 - 8/29	Beg./Intermediate
Tue, Thu	6:00 PM - 7:00 PM		Beg./Intermediate
Tue, Thu	7:00 PM - 8:00 PM		Beg./Intermediate
Tue, Thu	9:30 AM - 10:30 AM		Beginning

