

Adult Dance & Fitness



LINE DANCE 10 weeks Adults

Want to have fun? Learn the Electric Slide, Cowboy Boogie, Strait Cha-Cha? We dance to Train, Lady Gaga, George Strait, and lots of others. Learn the old and new dances happening in local venues. If you've never line danced or it was a long time ago, come on out and learn some new dances and refresh the old. We focus on fun!

Instructor: Carol Stroecker, 10 years teaching line dance
 #2200.100 T 7:00-8:30 pm 4/3-6/5 \$51 PACC

NEW

Nite Club Two Step 6 weeks Adults

Night Club Two Step is a free-flowing ballroom dance that is exciting to learn and lovely to watch. We will teach you easy patterns to get you started on the dance floor. Couples and singles are welcome. See you there!

Instructors: Gary & Marjorie Eisert, 16 years teaching experience as a couple

#2229.100 Th 8:00-9:00 pm *4/26-6/7 \$49 PACC
 *No class 5/17

East Coast Swing 6 weeks Adults

Get on your dancin' shoes! You don't want to be the only one sitting when there is dancing to be done! Dancing is a fun, social activity that is also great exercise. East Coast Swing is fun and easy to learn. We will have you on the dance floor in no time! Partners and singles are welcome; a rotating partner system will be used to ensure that everyone gets to dance with a partner. See you on the dance floor!

Instructors: Gary & Marjorie Eisert, 16 years teaching experience as a couple

#2235.100 Th 7:00-8:00 pm *4/26-6/7 \$49 PACC
 *No class 5/17

Belly Dance 5 weeks Adults

Come belly dance to beautiful Middle Eastern music with feminine dance moves, while gaining more flexibility and core muscle strength! You'll learn the Lebanese/Arabic style of belly dancing with gypsy fire and energy. Performance opportunities will be available in student shows.

Instructor: Sheerah (Vicki Deriso), Professional Belly Dancer for 15 years with 11 years of teaching experience; Dance-Fitness Instructor for 28 years

Session 1
 #2618.100 F 6:45-7:45 pm 4/6-5/4 \$45 EVCC
 Session 2
 #2618.120 F 6:45-7:45 pm 5/11-6/8 \$45 EVCC

Adult Ballet 11 weeks Ages 15-Adult

Ballet is not just for kids! We will practice basic barre exercises, stretches, and center combinations to beautiful music. This class is designed to improve strength, flexibility, coordination, and balance.

Instructor: Cindy Ahler
 #2203.101 Beg/Int. W 7:10-8:10 pm 3/28-6/6 \$99 EVCC

Hula (Polynesian Dance) 10 weeks Ages 6-Adult

Aloha! Talofa! La orana! K'a ora! Come and learn the enchanting Polynesian dances of Hawaii, Samoa, Tahiti, and New Zealand. You will be sure to enjoy a morning of fun as you experience Polynesian culture through dance. Bring a friend and double your fun!

Instructor: Dawn Cheek, 40 years teaching experience
 #2231.100 Sa 1:00-2:00 pm *4/14-6/23 **\$65 MCC
 *No class 5/26 **\$5 discount each additional family member

SALSA! 5 weeks Ages 14-Adult

Enjoy learning San Diego's most popular dance! Join us solo or with a partner. You will quickly pick up the basics of Salsa and much more in this perfectly paced class. Guys, you'll learn the perfect way to lead and turn your ladies. Ladies, you'll spend a pleasant hour and a half learning how to follow the guys to spicy music. Take one or both sessions and you'll soon be ready for those fabulous Salsa nights that San Diego is so famous for!

Instructor: Fran Kollenborn, experienced dancer & teacher
 Session 1
 #2238.110 Sa 2:30-4:00 pm 4/7-5/5 \$61 PACC
 Session 2
 #2238.120 Sa 2:30-4:00 pm 5/12-6/9 \$61 PACC

"Fran is a very good Salsa teacher. She paced us accordingly and made us confident at the end of class!"

—Jeff F.



Get fit while having fun!

NEW
Day/Time

Mom & Tot Boot Camp

5 weeks Ages 2-4

This class is designed for the busy parent who wants to burn some serious calories with your child along for the fun. High-intensity cardio drills, body weight training, and some resistance moves will give the parent a full-body workout. Activities are designed to involve the little ones as well, so everyone has fun together. What a great way to get a workout and feel good about yourself while including your child. It's also an opportunity to show your child the importance of exercise and just how fun it can be. All fitness levels are welcome.

Instructor: Kristin Stehly, ACE Certified Group Fitness Instructor & Personal Trainer

Session 1					
#2637.100	Sa	11:00-12:00 pm	4/7-5/5	\$45	MCC
Session 2					
#2637.110	Sa	11:00-12:00 pm	5/12-6/9	\$45	MCC

Adult Beginning Ice Skating

8 weeks Ages 16-Adult

Has someone told you that you are too old to ice skate? Let's prove them wrong! Whether you've always wanted to ice skate but never tried, or you used to skate and want to get back into it, join us for some fun. You will learn basic skating skills, gain confidence, and learn to feel comfortable on the ice.

Instructor: Iceoplex staff

#2624.100 W 6:05-6:35 pm 4/25-6/13 **\$84 ICE

**Includes skate rental and public skating from 1:30-5:15 p.m. on day of class

Masters/Lap Swimming

4 weeks/year-round Ages 16-Adult

Swimming is an excellent way to improve your health and fitness! This lap swimming opportunity can be customized for your level and exercise goals. Coaches will be on deck offering workouts for all abilities. Enroll monthly or choose to drop-in when it is convenient.

Instructor: Certified USA Swimming Coach

#4296.110	M/W/F	5:30-7:00 am	3/2-3/30	**\$60	WP
#4296.120	M/W/F	5:30-7:00 am	4/2-4/30	**\$60	WP
#4296.130	M/W/F	5:30-7:00 am	*5/2-5/30	**\$60	WP
#4296.210	M/W/F	5:30-7:00 am	6/1-6/29	**\$60	WP

*No class 5/28

**Drop-in fee: \$8 per day

NEW

Pilates Fusion 5 weeks Adults

Pilates fusion is the unique full-body, cardio-sculpting workout that you have been searching for. Experience barefoot-fitness through the discipline of Pilates, the self-awareness of yoga practice, and the benefits of cardio-sculpt. With elements of the Will Power method, this class has a positive energy and uplifting philosophy to increase self-confidence and show results.

Instructor: Judi Strause, AAFA Certified

Session 1					
#2623.110	T/Th	6:00-7:00 pm	4/3-5/3	\$75	PACC
Session 2					
#2623.120	T/Th	6:00-7:00 pm	4/8-6/7	\$75	PACC

Shallow Water Aerobics

5/6 weeks Adults

Are you looking for a workout that will invigorate and motivate you to come back for more? This program is designed to increase your cardiovascular capacity while firming and toning your muscles. You will leave feeling refreshed and renewed with added flexibility.

Instructor: Lina Paul, EWS & CPR certified

Session 1

#2610.110	M/W/F 3 days	12:00-12:45 pm	4/2-5/11	\$57	JSP
#2610.111	M/W/F 2 days	12:00-12:45 pm	4/2-5/11	\$45	JSP
#2610.112	M/W/F 1 day	12:00-12:45 pm	4/2-5/11	\$32	JSP

Session 2

#2610.120	M/W/F 3 days	12:00-12:45 pm	*5/14-6/22	\$47	JSP
#2610.121	M/W/F 2 days	12:00-12:45 pm	*5/14-6/22	\$37	JSP
#2610.122	M/W/F 1 day	12:00-12:45 pm	*5/14-6/22	\$27	JSP

*No class 5/21, 5/23 & 5/25



Deep Water Aerobics

5/6 weeks Adults

Getting FIT FAST will be fun and easy using the "toys" specially designed for deep water training. You will improve your cardiovascular capacity while toning and trimming your entire body. Get ready for an energized workout!

Instructor: Helena Isbell, EWS & CPR certified

Session 1

#2611.110	T/Th 2 days	12:00-12:45 pm	4/3-5/10	\$45	JSP
#2611.111	T/Th 1 day	12:00-12:45 pm	4/3-5/10	\$32	JSP

Session 2

#2611.120	T/Th 2 days	12:00-12:45 pm	*5/15-6/21	\$37	JSP
#2611.121	T/Th 1 day	12:00-12:45 pm	*5/15-6/21	\$27	JSP

*No class 5/22 & 5/24

Adult Fitness



Mat Pilates Method 5 weeks Adults

Pilates is a great workout for your body and mind. Ideal for people of all fitness levels, we'll focus on strength, flexibility, and body awareness using breathing, core, and flow in this floor-work Pilates class.

Instructor: Judi Strause, AAFA Certified

Session 1					
#2622.110	W	7:00-8:00 pm	4/4-5/2	\$38	MCC
Session 2					
#2622.120	W	7:00-8:00 pm	5/9-6/6	\$38	MCC

Reality Yoga 10 weeks Adults

Here is a user-friendly class that combines Hatha Yoga, sports medicine stretches, and simple meditation techniques. You will learn to relax joints and ligaments, increase circulation, improve muscle tone, and calm the emotions. Yoga is a great way to avoid mental, emotional, and physical illness due to stress.

Instructor: Nina Deerfield, Naturopathic Physician

#2600.100	T	5:00-5:55 pm	4/3-6/5	\$100	MCC
#2600.102	Th	12:00-12:55 pm	4/5-6/7	\$100	MCC
#2600.101	Sa	8:00-8:55 am	4/7-6/9	\$100	MCC

T'ai Chi Chuan 10 weeks Adults

Reduce stress, increase energy, improve physical and mental health by learning the slow, relaxed movements of T'ai Chi & Chi Gong. You will learn how to handle stress and change, how to obtain higher energy levels, and achieve internal and external balance and harmony in your life. All fitness levels welcome.

Instructor: Nina Deerfield, Certified Master Instructor

#2601.100	T	6:00-6:55 pm	4/3-6/5	\$100	MCC
#2601.102	Th	11:00-11:55 am	4/5-6/7	\$100	MCC
#2601.101	Sa	9:00-9:55 am	4/7-6/9	\$100	MCC

Taekwondo 11 weeks/2 days Ages 6-Adult

Develop physical and mental discipline, strength, endurance, and coordination. Learn the Korean martial art of Taekwondo (kicks, blocks, punching), Hapkido (joint locking techniques), Yudo (throwing and grappling) and basic weapons. Become more confident and learn basic self-defense techniques. *An all white martial arts uniform is required and may be purchased from the instructor for \$25.*

Instructor: Skip Leonard, Cert. by WTF, City of Escondido Instructor for 18 years

#2613.100	M/Th	5:30-6:30 pm	*4/2-6/14	\$88	MCC
#2613.101	M/Th	6:45-7:45 pm	*4/2-6/14	\$88	MCC

*No class 5/28

Boot Camp with a Kick

5 weeks/2 days Ages 16-Adult

Get into shape with this power-packed hour of intervals and cardio drills. This class is designed for both men and women, and all fitness levels are welcome! Be prepared to go outdoors and have some fun while getting fit. *Bring handweights & a mat.*

Instructor: Angie Smith, AFAA Certified

Session 1					
#2609.100	T/Th	6:00-7:00 pm	4/3-5/3	\$43	EVCC
Session 2					
#2609.120	T/Th	6:00-7:00 pm	5/8-6/7	\$43	EVCC

Zumba 5 weeks **Adults

Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements. Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers and new exercisers. Come, join the fun!

Instructor: Angie Smith, Zumba certified

Session 1					
#2640.101	M	7:15-8:15 pm	4/2-4/30	\$26	EVCC
#2640.100	T	7:10-8:10 pm	4/3-5/1	\$26	EVCC
#2640.103	W	5:30-6:30 pm	4/4-5/2	\$26	MCC**
#2640.102	Th	7:10-8:10 pm	4/5-5/3	\$26	EVCC
Session 2					
#2640.121	M	7:15-8:15 pm	*5/7-6/11	\$26	EVCC
#2640.120	T	7:10-8:10 pm	5/8-6/5	\$26	EVCC
#2640.123	W	5:30-6:30 pm	5/9-6/6	\$26	MCC**
#2640.122	Th	7:10-8:10 pm	5/10-6/7	\$26	EVCC

*No class 5/28

**Mathes Center class open to ages 12+.

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East Valley Community Center
2245 E. Valley Pkwy.

Monday-Friday ~ 8:30-9:30 a.m.
Monday & Wednesday ~ 6:00-7:00 p.m.
Friday ~ 5:30-6:30 p.m.
Saturday ~ 8:15-9:15 a.m.

Classes at Park Avenue Community Center
(Formerly Joslyn Center) 210 Park Ave.
Tuesday & Thursday ~ 8:45-9:45 a.m.
Friday ~ 8:45-9:45 a.m.

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