

Recreation News

New Classes

KIDS

Beginner Volleyball	30
Intermediate Volleyball	30

SPECIAL NEEDS CLASSES

Inclusive Dance & Movement	35
Inclusive Art	35
Inclusive Fresh Foods	35

SUMMER ONLY CLASSES

Critical Reading for Ages 7-12	35
Math Workshop	35
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HART ACADEMY SUMMER DANCE CAMPS

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LEGO® CAMPS

Brick City Engineers	38
Building Is Awesome	38

ADULTS

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YogaSix Power	40
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Upcoming Activities

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Instructor Profiles

Kelly Vail

Oula Fitness

Kelly has loved dancing since she was pre-school aged. She studied jazz, tap, ballet, and hip-hop dance until middle school, when sports started taking up more time, and dance fell to the wayside. That is until about six years ago, when Kelly was introduced to Oula Fitness by her cousin, Christina, who was a certified Oula instructor. Founded by mother and choreographer Kali Lindner, Oula celebrates the healing power of dance, merging cardio of varying intensity levels with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. It reignited Kelly's passion for dance — she would walk out of class and want to dance the rest of the day. For Kelly, OULA provides not only an opportunity to dance and exercise, but also a release unlike any other activity. OULA is all about how you feel, not how you look, and encourages participants to sing, yell, dance, clap, make noise — whatever feels right. It lets participants leave it on the dance floor and focuses on the health of the mind, body and spirit, as well as forging a community connection. So, when Kelly learned of an instructor training in Los Angeles in September 2017, she jumped at the opportunity to become certified and share this incredible experience with others. She is also a certified group fitness instructor through the Athletics and Fitness Association of America (AFAA) and recently became a master trainer for Oula. In her free time, Kelly enjoys traveling, watching Marvel movies, game nights, going to sporting events, and spending time with friends, family and her dogs.

Kelly's Oula Fitness class meets on Tuesday evenings, 7:00-8:00 pm. See pg. 40 for more details.

Dr. Gina Brown, Brown Chiropractic

Yoga Flow

Brown Chiropractic has been serving La Habra since 2002. Owner Dr. Gina Brown is a licensed chiropractor by the National Board of Chiropractic Examiners; she also is a Certified Functional Medicine Practitioner and is certified by the California Department of Public Health for Radiology. In addition, she is a certified fitness instructor and personal trainer with 29+ years in the field. She was certified in 1988 by AFAA (Aerobics and Fitness Association of America), as a Group Fitness Instructor and by ACE (American Council on Exercise) for Personal Training. As the exercise industry took off, she received certifications for Step, Spin, Kickboxing, Mat Pilates and Yoga. She worked for a national health club chain as an instructor and coordinator and led many certifications and master classes for other instructors. The classes offered at Brown Chiropractic are conducted in a non-intimidating environment and challenging, yet safe, and all levels of fitness are welcome. All instructors at the facility are certified and have many hours of experience teaching.

Brown Chiropractic's Yoga Flow class meets on Monday mornings, 8:30-9:30 am. See pg. 40 for more details.