

## Karate/Fitness at Yogatopia

# Karate

### Karate for Kids

Students are challenged to maintain or improve their manners, respect for themselves and others, and self-discipline. Flexibility and strengthening exercises are taught along with tumbling maneuvers. Learn self-defense tactics, awareness and avoidance of risky situations. Basic karate stances, blocks, punches, and kicks are also covered. Caregivers who wish to train with their child are welcome to register in this class.

Instructor: Pat Cruver  
Location: Pioneer Center Min 10/Max 16  
6-8 yrs  
MW....May 21-Jun 27.. 6:30-7:15pm..... \$32  
No class: May 28

### Shito-Ryu Karate: Beginning

Manners, respect, and self-discipline are emphasized in this traditional Japanese martial art class. Kata (forms), introductory tournament sparring, and basic self-defense techniques are covered. Each class includes 20-30 minutes of aerobic, flexibility, and strength-building exercises. Attire should be loose fitting and cool, as the class can be moderately strenuous for those not already in good physical condition. Advancement opportunities are available.

Instructor: Pat Cruver  
Location: Pioneer Center Min 10/Max 16  
9+ yrs  
MW....May 21-Jun 27.. 7:20-8:20pm..... \$42  
No class: May 28

### Shito-Ryu Karate: Intermediate

This class includes more advanced forms, kobudo, self-defense, and sparring techniques. Class is limited to those with abilities equivalent to Nihon Karate Do Kenwa Kai blue belt (8th kyu) and above.

Instructor: Pat Cruver  
Location: Pioneer Center Min 10/Max 16  
9+ yrs  
MW....May 21-Jun 27.. 8:20-9:00pm..... \$32  
No class: May 28

**See page 20 for Karate Camp**



Yogatopia programs are located at the Gladish Community Center, 115 NW State Street. Register through Parks & Recreation, 240 SE Dexter or call 338-3227.

### Yogatopia Summer Class Punch Card

Your punch card is good for all the following classes offered at Yogatopia. Classes are located at the Gladish Community Center, 115 NW State Street. Register through Parks & Recreation, 240 SE Dexter or call 509-338-3227.

Classes run from June 4-August 17. Visit [www.yogatopia.vpweb.com](http://www.yogatopia.vpweb.com) for a complete class schedule. Dates and times are subject to change.

Baby Yoga <6 mo .....	M.....	4:15-4:45pm
Baby Yoga >6 mo .....	W.....	4:15-4:45pm
Yoga Sweat.....	M.....	5:00-6:00pm
YogaFit Basics.....	M.....	6:15-7:15pm
Spin Sprint.....	MW.....	12:00-12:20pm
Yoga Core.....	MW.....	12:25-1:00pm
Zumba.....	MW.....	5:00-6:00pm
Belly Dance.....	MW.....	7:30-8:30pm
Yoga Strength.....	W.....	5:00-6:00pm
Restorative Yoga .....	W.....	6:15-7:15pm
Zumbatomic.....	Tu.....	4:15-5:00pm
Yoga Lean .....	Tu.....	5:15-6:00pm
Zumba Toning.....	TuTh.....	6:00-7:00pm
YogaFit Flex & Flow .....	TuTh.....	7:15-8:30pm
Kids Yoga .....	Th.....	4:15-4:45pm
Prenatal Yoga.....	Th.....	5:00-6:00pm
Zumba Gold/Toning .....	F.....	9:30-9:50am
Senior Yoga .....	F.....	9:55-10:30am
Mom & Me Yoga.....	F.....	11:00-11:30am
YogaButt .....	F.....	12:00-1:00pm
1 punch card = 16 classes ..... \$64		
Unlimited classes.....\$128		
Punch cards are non-refundable, non-transferable.		

Go to our website:  
[www.yogatopia.vpweb.com](http://www.yogatopia.vpweb.com)  
for class descriptions.

### Fitness Training

See Page 36 for information on Fitness Training at Pullman Aquatic & Fitness Center

### Aromatherapy

doTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the AromaTouch Technique improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses doTERRA's CPTG (Certified Pure Therapeutic Grade) essential oils for an unparalleled grounding experience for recipients. Please schedule by appointment through [www.schedulicity.com](http://www.schedulicity.com) or call 208-310-1279 or e-mail [alethalassiter@yahoo.com](mailto:alethalassiter@yahoo.com).

Sessions are 40 minutes ..... \$38

### Free! Essential Oil Classes

Learn how to use essential oils for both individual and family use. Essential oils have been used throughout recorded history for a wide variety of wellness applications. The modern use of essential oils has continued to grow rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oil. doTERRA essential oils are Certified Pure Therapeutic Grade (CPTG). doTERRA, meaning "gift of the earth" represent the safest, purest, and most beneficial essential oils available today.

Instructor: Aletha Lassiter  
Location: Room 112b  
F..... Jun 22 ..... 6:30-7:30pm..... Free  
F..... Jul 20 ..... 6:30-7:30pm..... Free  
F..... Aug 17..... 6:30-7:30pm..... Free

### Water Exercise

See Page 35 for information on WEX Programs at Pullman Aquatic & Fitness Center