

Fitness classes are held at the Pioneer Center and Gladish Community Center. A physical is suggested before enrolling in a fitness class. New participants interested in enrolling in a fitness program are allowed to attend a fitness class one time on a trial basis if the program is not full (participant must sign a release form before participating in class). Minimum age is 12 yrs old. Optional hand weights are provided for all classes. Class fees will be prorated beginning the third week of class for late enrollment. Guests or one time attendees are welcome at the Pioneer Center only on a space available basis for \$7 per class.

## Pilates

Pilates offers a functional approach to strength and flexibility training with exercises created to strengthen your core muscles. This program will increase overall body strength, endurance, balance, and coordination. Appropriate for all fitness levels. A yoga mat is required.

Instructor: Arden Gray  
Location: Pioneer Center Min 12/Max 30  
MW .... May 21-Aug 1.. 5:30-6:20pm ..... \$62  
No class: May 28, Jul 2, 4

## Mindfulness Meditation

Guided by Buddhist teachings, a variety of objects of meditation are explored such as mindfulness of breathing, impermanence, the body, loving-kindness, our sense of self, etc. One works to develop calm and concentration as well as a deeper understanding of dhamma, the true nature of things. Short readings and discussion begin each session, followed by walking and sitting meditation. A sitting cushion is suggested.

Instructor: Arthur Ericsson  
Location: Pioneer Center Min 5/Max 50  
Su ..... May 20-Aug 26..7:15-8:45am.....\$15  
No class: May 27, Jul 1

## Sunday Stretch

This 45 minute stretch class will teach you how to articulate your body in ways that elongate muscles from end to end. Increase your flexibility and improve body awareness through a special mind/muscle connection. Class will be slow paced, adjustable for all fitness levels and a great way to start the week. A yoga mat is required.

Instructor: Arden Gray  
Location: Pioneer Center Min 10/Max 30  
Su ..... May 20-Jul 29.. 4:00-4:45pm ..... \$39  
No class: May 27, Jul 1



## Zumba

Ditch the workout and join the party! Zumba is an exhilarating, effective, Latin-inspired, dance/fitness that makes exercise fun. You don't have to love exercise or know how to dance to Zumba! Zumba combines amazing, irresistible music with dynamic yet accessible exercise moves and interval cardio-training. The extraordinary Zumba workout is all about fun. Underlying the fun, however, is a fundamental truth of fitness. The more muscles you move, the more calories you burn. Come and give it a try!

Instructor: Angela Harris  
Location: Pioneer Center Min 8/Max 20  
TuTh .. May 22-Jul 31.. 5:30-6:30pm ..... \$65  
No class: Jul 3, 5

## Rise & Shine Workout!

Reap the benefits of your workout all day long with a boost to energy and metabolism first thing in the morning! This low impact workout will use music, the step, and handheld weights to improve muscle tone at the same time that you increase cardio fitness and endurance. Join us to get the most out of the first hour of your day!

Instructor: Cindy Zaring  
Location: Pioneer Center Min 10/Max 30  
MWF .. May 14-Jun 15. 6:15-7:15am ..... \$42  
No class: May 28  
MWF .. Jul 9-Aug 10.... 6:15-7:15am ..... \$45

## Sprout Wellbeing Pilates

Pilates is the ultimate fitness program for a stronger, leaner, and healthier body and is especially good for developing a strong, flat abdomen. This amazing exercise will transform how your body looks and feels whether you are a beginner exerciser, someone recovering from an injury, or a hard-core exerciser looking to challenge yourself, improve your race times, or balance your muscle development!

Instructor: Tessa Graham  
Location: Pioneer Center Min 5/Max 16  
Sa ..... Apr 14-May 12...9:00-9:50am.....\$47



## Sprout Fitness Program

Are you bored with your workout routine? Looking for a fun way to get a challenging workout that breaks through your plateau? Want to get your resistance training and aerobic workouts done at the same time? Come to Sprout Fitness! The Sprout Fitness Program will add variety and fun to your workout and push you to a new level of fitness using circuit training drills, body weight exercises, and functional fitness activities.

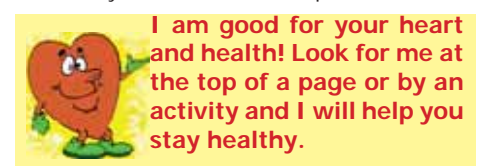
Sprout Fitness is taught by Tessa Graham, founder and health coach of Sprout Wellbeing: Holistic Health Coaching and Wellness Support Programs. She is also a personal trainer and Pilates instructor at Anytime Fitness and Moscow Mountain Sport and Physical Therapy.

Instructor: Tessa Graham  
Location: Pioneer Center Min 5/Max 12  
TuTh .. Apr 10-May 10 7:00-8:00am ..... \$78  
Sa ..... Apr 14-May 12 8:00-8:50am ..... \$47

## Restorative Yoga and Guided Relaxation

Come practice time-honored relaxation techniques at Summit Therapy & Health Services, in Pullman. You will learn ways to create ease in your mind and body, which can leave you with more energy for all the things you do during the day.

Instructor: Greg Larson, LMP  
Location: Summit Therapy, 1620 SE Summit Ct  
Min 5/Max 8  
Th ..... May 31-Jun 28. 5:30-6:15pm ..... \$20



## 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