Fitness

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.

Total Body Fitness

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? Total Body Fitness will add variety and fun to your workout and push you to a new level of fitness using circuit training drills, tabata training, body weight exercises, and functional fitness activities. Get ready to feel and look extraordinary!

Instructor: Kimberly Jackson
Location: Pioneer Center Min 6/Max 15
TuTh .....May 9-30 ..... 7:00-8:00am
Resident: $39/N-Resident: $41

New! Cardio Sculpting

This full-body workout class will include a variety of routines for both cardio conditioning and muscle toning. We will be using hand-weights, balance balls, jump ropes, and more. Each class will consist of a new routine to keep it fun! All fitness levels are welcome and modifications for moves can be provided if needed.

Instructor: Gabrielle Skeate
Location: Pioneer Center Min 8/Max 20
TuTh .....May 14-Jun 27 ..... 5:30-6:30pm
Resident: $46/N-Resident: $48
TuTh .....Jul 9-Aug15 ..... 5:30-6:30pm
Resident: $36/N-Resident: $38

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 8/Max 30
MWF .....May 29-Jun 28 ..... 6:15-7:15am
No class: May 27
Resident: $49/N-Resident: $51
MWF .....Jul 8-Aug 9 ..... 6:15-7:15am
Resident: $52/N-Resident: $54

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 10/Max 30
MW .....May 29-Aug 7 ..... 5:30-6:20pm
Resident: $60/N-Resident: $62
No class: Jul 1, 3

Buddhist Meditation

Inspired by the Thai Forest Tradition and other Buddhist teachings, meditation practice offers mental training for inner peace and outer harmony by developing present moment awareness, concentration and stillness. Breath meditation acts as an ideal object of attention, uniting mind and body. In addition to sitting meditation, sessions usually include short readings and discussion, and walking meditation. No experience necessary. A sitting cushion is suggested; chairs and mats available.

Instructor: Arthur Ericsson
Location: Pioneer Center Min 5/Max 30
Su .....Jun 2-Aug 25 ..... 7:15-8:45am
Resident: $20/N-Resident: $22
No class: Jun 30

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 6/Max 30
Su .....Jun 2-Aug 11 ..... 4:00-4:45pm
Resident: $59/N-Resident: $61
No class: Jun 30

Restorative Yoga & 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. Participants are encouraged to bring a pillow or soft bolster to class.

Instructor: Greg Larson, LMP
Location: Summit Therapy & Health Services, 1620 SE Summit Ct Min 5/Max 8
M .....Jun 3-Jul 1..... 5:45-6:30pm
Resident: $25/N-Resident: $27

Qigong for Health

Qigong (Life Energy Cultivation) is a centuries old form of exercise that combines breath, movement and awareness. Originally from China, Qigong has its healing arts foundation in Traditional Chinese Medicine. Similar to Taichi, this form of exercise involves rhythmic breathing with slow, fluid movement producing a calm state of mind and feeling of well-being. Class features gentle movements to promote circulation, balance and flexibility for general overall health.

Instructor: Liz Lee, L.Ac. MS
Location: Summit Therapy & Health Services, 1620 SE Summit Ct Min 6/Max 12
Tu ..... May 14-Jun 18..... 12:00-12:45pm*

New! Walking Qigong

Generally practiced outdoors and in groups, Walking Qigong is also known as "Anti-Cancer Qigong." This form benefits one's immune system, improves circulation in the body and helps calm the mind.

Instructor: Liz Lee, L.Ac. MS
Location: Reaney Park Min 12/Max 24
M-F ..... Jun 10-14 ..... 7:00-7:45am*
*In line with the Generosity Inspires theme at Pullman Regional Hospital, the fee for the class is "pay-it-forward" donation to a recipient of your choice. Examples run the gamut from donations to Relay for Life to helping out a neighbor or a stranger in need.

New! Outdoor Boot Camp

Enjoy the summer and get in shape while the PAFC gets a face-lift. Meet at Koppel farm. Boot-camp will include cardio, strength-training, and stretching. Please bring water bottle, hand towel, sun protection, light-weight wind/rain protection if needed. Children in strollers and well-behaved pets are welcome.

Instructor: Aletha Lassiter, PAFC Fitness Trainer
Location: Start at Koppel Farm — Min 6

MWF	Jun 17-21	7:00-8:00am
and TuTh		6:00-7:00am
MWF	Jul 8-12	7:00-8:00am
and TuTh		6:00-7:00am
MWF	Jul 22-26	7:00-8:00am
and TuTh		6:00-7:00am
MWF	Aug 5-9	7:00-8:00am
and TuTh		6:00-7:00am

Resident: $20/N-Resident: $22

New! Jump Rope Boot Camp

Looking to JUMP into a new, fun, and effective workout routine? Jump rope boot camp is your place! Utilizing all parts of the body during every work out, jump rope boot camp combines easy and effective cardio activities with additional moves increasing your endurance, strengthening your body, and improving your overall fitness. Don't know how to jump rope? It's easy to learn! Please bring a jump rope if you have one or can purchase one from instructor for additional fee.

Instructor: Stephanie Meece
Location: Pioneer Center — Min 8/Max 20
TuTh .....May 7-Jun 25 ..... 9:10-10:10am
Resident: $52/N-Resident: $54

Look for more Fitness Classes on Page 35 under Water Fitness!

Create your own account and register online at **PullmanParksandRec.com**

The purchase of a punch card is good for all the following classes offered at Yogatopia. Classes are located at the Gladish Community Center, 115 NW State St. Register through Parks & Recreation, 240 SE Dexter St., www.PullmanParksandRec.com, or call 509-338-3227. Complete class descriptions at PullmanParksandRec.com.

Classes from June 1-Aug 31

No class: June 28, July 4, 15-19, Aug 12-15

16 class punch card.....$80*
Unlimited classes $160*
*Punch cards are non-refundable/non-transferable

Room 112b

Monday	
YogaSweat (Aletha)	5:00-6:00pm
YogaBasics (Aletha)	6:15-7:15pm
Intermediate Belly Dance (Aletha)	7:30-8:30pm
Tuesday	
Prenatal Yoga (Aletha)	5:00-5:45pm
Wednesday	
QiFORZE (Aletha)	5:00-6:00pm
Restorative Yoga (Aletha)	6:15-7:15pm
Yoga Shift & Lift (Lisa)	7:00-8:00pm
Intermediate Belly Dance (Aletha)	7:30-8:30pm
Thursday	
YogaLean (Aletha)	5:00-5:45pm
Beginning Belly Dance (Lisa)	7:30-8:30pm
Friday	
Zumba Gold Toning (Aletha)	9:30-9:50am
Senior Yoga (Aletha)	10:00-10:30am
Mom & Me (Aletha)	10:45-11:15am
Zumbatomic (Aletha)	11:20-11:45am
Yoga Butt (Aletha)	12:00-1:00pm

Room 103

Monday	
Spin Sprint (Aletha)	12:00-12:20pm
Yoga Core (Aletha)	12:25-1:00pm
Zumba (Chelsie)	5:30-6:30pm
Tuesday	
Zumba Toning (Aletha)	6:00-7:00pm
YogaFit Flex & Flow (Aletha)	7:15-8:30pm
Wednesday	
Spin Sprint (Aletha)	12:00-12:20pm
Yoga Core (Aletha)	12:25-1:00pm
Zumba (Chelsie)	5:30-6:30pm
Yoga Shift & Lift (Lisa)	7:00-8:00pm
Thursday	
Zumba Toning (Aletha)	6:00-7:00pm
YogaFit Flex & Flow (Aletha)	7:15-8:30pm
Saturday	
YogaBasics (Lisa)	8:30-9:45am
Sunday	
Zumba (Chelsie)	4:00-5:00pm

Shito-Ryu 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 12/Max 16
6-8 yrs
TuTh..... Jun 4-Aug 1 .....6:45-7:30pm
Resident: $45/N-Resident: $47

Beginning

Manners, respect, and self-discipline are emphasized in this traditional Japanese martial art program. 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 12/Max 16
9+ yrs
TuTh..... Jun 4-Aug 1 .....7:35-8:35pm
Resident: $59/N-Resident: $61

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 12/Max 16
9+ yrs
TuTh..... Jun 4-Aug 1 .....8:40-9:15pm
Resident: $45/N-Resident: $47