

Adult Classes

Belly Dance

Middle Eastern Belly Dance is a low-impact form of dance appropriate for all body types and backgrounds. Learn history, basic movements, isolation techniques, and more. No dance experience necessary. All ages, shapes, genders welcome. Come with a willingness to learn make new friends, laugh and have a good time.

For: Adults
Instructor: Jeweled Scarab Dance Company
Fee: \$50 (6 wks)

Belly Dance - Meridian

#13602 June 4-July 9 Tue 6:30-7:30 pm Meridian
 #13603 July 23-Aug 27 Tue 6:30-7:30 pm Meridian
 #13604 Sept 10-Oct 15 Tue 6:30-7:30 pm Meridian

Belly Dance - Sprinker

#13556 June 3-July 8 Mon 6:00-7:00 pm Sprinker
 #13555 July 22-Aug 26 Mon 6:00-7:00 pm Sprinker



Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800 cph (calories per hour) in one 60 minute class.

Our classes: Strike, Fusion, Core, Strength and Dance Mixx will leave you breathless, toned and coming back for more. Stop working out. Start working it...with Jazzercise.

For: Adults
Instructors: Hawks, Bleha & Nickel (*southhilljazzercise@yahoo.com*)
Fees: (Payment made to Jazzercise at class)
 \$10 - Walk in (one time)
 \$39* - Easy Fitness Ticket (Auto-pay 12 mths)
 \$44* - Easy Fitness Ticket (Auto-pay 6 mths)
 \$49* - Easy Fitness Ticket (Auto-pay 2 mths)
 \$96* - Two month pass
 \$25 - One time joining fee

Monthly	Tue/Thur	9:30-10:30* am	Meridian
Monthly	Mon/Wed/Thur	6:00-7:00 pm	Meridian
Monthly	Sat	8:30-9:30 am	Meridian

*Childcare available



PiYo Live!

PiYo is a low impact and high intensity fusion of pilates + yoga + cardio! There are modifications for every move from beginner to advanced. You'll sweat, stretch, and strengthen – all in one class. No weights. No bulk. No jumps. Just hardcore results. Let's use your body to tone your body! Yoga mats are encouraged!

For: Adults
Instructor: Wiltrot
Fee: \$28/month (July AM)
 \$32/month (May AM/PM, June AM/PM, July PM)

#13581	May 2-30*	Mon/Thur	10:00-11:00 am	Frontier
#13582	June 3-27	Mon/Thur	10:00-11:00 am	Frontier
#13583	July 1-25*	Mon/Thur	10:00-11:00 am	Frontier
#13585	May 1-29*	Mon/Wed	7:00-8:00 pm	Frontier
#13586	June 3-26	Mon/Wed	7:00-8:00 pm	Frontier
#13587	July 1-24	Mon/Wed	7:00-8:00 pm	Frontier

*No class May 27, July 4



Refresh Fitness

This class is for all ages and abilities. The instructor leads and teaches strength, flexibility, and balance with an aerobic component. The program is ideal for ages 50+ and for those recovering from an injury or surgery.

For: Adults
Instructor: Ward/Yeary
Fee: \$24 (May, June)
 \$18 (July)

#13589	May 7-30	Tue/Thur	9:30-10:30 am	Frontier
#13590	June 4-27	Tue/Thur	9:30-10:30 am	Frontier
#13591	July 9-25	Tue/Thur	9:30-10:30 am	Frontier

Yoga Basics

In this class, students will be led through a series of yoga postures, coordinated with breath, which can improve strength, balance, and flexibility. With minimal flow and ample instruction, this class is accessible to beginners as well as advanced practitioners who would like the opportunity to slow down.

Wear loose comfortable clothing and be sure to bring a yoga mat and a blanket. Blocks and straps will be provided.

For: Adults
Instructor: Piek
Fees: \$48 (6 wks)
 \$10 drop-in *(based on space availability)*

13712 June 4-July 9 Tue 6:00-7:15 pm Sprinker
 # 13713 July 23-Aug 27 Tue 6:00-7:15 pm Sprinker

De-Stress...

We're beginning summer with deep inhaling, cleansing breaths followed by slowly, exhaling meditation, centering your soul...

don't miss our Summer Yoga Series - page 4

Iyengar Yoga

For the Less Flexible or 50+

In Iyengar yoga, the use of props (*blocks, blankets, straps, chairs, etc.*) allows you to learn the correct actions of every pose, regardless of flexibility. Instructions are precise. Teachers are rigorously trained to cover basic concepts before progressing to more complex poses. You'll work on strengthening your body, increasing flexibility and aligning your joints for optimal function. You'll also work on balance to help prevent falls.

In this slow moving class, we'll mostly practice standing poses, seated poses and twists. You may sit on a chair if you are unable to sit on the floor. Poses can be modified for your individual needs.

Bring a mat, a strap, a block and 3 Mexican blankets to class. Instructor will take orders for blankets and other props at first class. Please come early to fill out a health form.

For: Adults
Instructor: Fairbanks*
Fee: \$75 (6 wks)

#13592 June 5-July 10 Wed 10:00-11:00 am Frontier

**Nathalie Fairbanks, M.B.A., M.Sc., M.A., RYT 200, is a certified Iyengar yoga instructor who has been practicing since 1996.*



Hatha Yoga - Frontier

Hatha yoga is a gentle yoga class appropriate new or experienced yoga practitioners and all body types. It is a great way to decrease stress while increasing flexibility and strength. Learn breathing techniques, standing and floor postures.

Wear loose, comfortable clothing. Bring a yoga mat and blanket (optional yoga blocks, straps, and pillow).

For: Teens/Adults
Instructor: Borden
Fees: \$54 one day/week (6 wks)
 \$108 two days/week (6 wks)

#13614 May 14-June 18 Tue 6:30-7:45 pm Frontier
 #13615 May 16-June 20 Thur 6:30-7:45 pm Frontier



DROP-IN

PICKLEBALL

MONDAYS, WEDNESDAYS, & FRIDAYS
 LAKEWOOD COMMUNITY CENTER
 8 AM - 12 PM

Drop-in rate of \$3/player or a money saving annual pass is available.

Play the game of Pickleball, a fun sport that combines many elements of tennis, badminton, and ping-pong.

All ages and abilities are welcome from beginners to advanced. Six courts are available for singles and doubles play.

(253)798-4199 FOR MORE INFORMATION



Adult Classes



NEW: Beginning Watercolor

Begin your journey with local award winning artist, Sherri Bails. She will inspire and encourage you to find your own style while teaching you about design, color mixing and technique. Supplies will be discussed the first day of class.

For: Adults
Instructor: Sherri Bails
Location: Meridian Habitat Park (West Room)
Fee: \$145/student (8 wks)

#13609 May 13-July 8* Mon 10:00 am-12 pm Meridian
#13610 July 22-Sep 16* Mon 10:00 am-12 pm Meridian
 * No class July 4, Sep 2



NEW: Beginning Drawing

Learn how to draw while being taught simple steps by local award winning artist Sherri Bails. You will learn how to be creative while drawing buildings and people and how to use colored pencils and ink pens to explore journaling. Materials needed: #2 pencils, pink pearl eraser, sketch book, colored pencils and a fine point ink pen.

For: Adults
Instructor: Sherri Bails
Location: Meridian Habitat Park (West Room)
Fee: \$145/student (8 wks)

#13611 May 13-July 8* Mon 1:00-3:00 pm Meridian
#13612 July 22-Sep 16* Mon 1:00-3:00 pm Meridian
 * No class July 4, Sep 2

Hapkido /Tae Kwon Do

Learn self-control, discipline, respect, and economy of motion while learning martial arts. This martial arts class teaches Olympic style Tae Kwon Do as well as Hapkido – an effective art that uses pressure points and joint locks.

Students will learn effective punching and kicking techniques as well as throws and useful self-defense moves. This program is a good avenue for character building, self-confidence, and self-esteem. Additional fees paid at class for testing.

For: Ages 7-12 years (all belts)
 Ages 13-Adult (all belts)
Instructor: Podzaline & Purbeck
Location: Frontier Park Lodge
Fees: \$35/person (May, June)
 \$30 - 2nd family member (May, June)
 \$31/person (July)
 \$26 - 2nd family member (July)

Ages 7-12 yrs

#13594 May 7-30 Tue/Thur 6:30-7:40 pm Frontier
#13595 June 4-27 Tue/Thur 6:30-7:40 pm Frontier
#13596 July 2-25* Tue/Thur 6:30-7:40 pm Frontier

Ages 13+ yrs

#13598 May 7-30 Tue/Thur 7:50-9:00 pm Frontier
#13599 June 4-27 Tue/Thur 7:50-9:00 pm Frontier
#13600 July 2-25* Tue/Thur 7:50-9:00 pm Frontier

*No class July 4

Tae Kwon Do & Karate

Build self discipline, agility, balance, strength and speed. Students are built from the inside out and must face strict standards for advancement including physical, mental and written tests.

Learn Olympic style, traditional weapons and boxing training. Taught by career instructors with multiple years of experience.

Added curriculum: All students are required to run before class commences. Please arrive by 6:00pm to do so. A hand out will be distributed at class with further details.

For: Ages 8-Adult
Instructors: Hagedorn
Location: Sprinkler Recreation Center
Fees: \$36/month (3 times/wk)
 \$26 - 2nd family member

All Belts:

#13559 June Mon/Thur 6:30-8:00 pm Sprinkler
 Fri 5:30-6:30 pm Sprinkler
#13560 July* Mon/Thur 6:30-8:00 pm Sprinkler
 Fri 5:30-6:30 pm Sprinkler
#13561 Aug Mon/Thur 6:30-8:00 pm Sprinkler
 Fri 5:30-6:30 pm Sprinkler

*No Class July 4



Requirements: Proof of current vaccinations, 4 foot leash, dog treats, scoop bags and paper towels. Don't forget to bring your clicker.

- Do not feed dog before class.
- Dogs of any breed 6 months and older. Dogs aggressive to other dogs will not be accepted.

Clicker Training for Dogs

Have you tried traditional dog training methods without getting the results you want? Perhaps it is time to try something new.

This class is taught by A.B.I. certified trainer, Jon Borcharding. It is an introduction to the fun, exciting training method known as "clicker training".

This method is effective on dogs of all sizes and ages. It is especially useful with dogs that are fearful or anxious when confronted with traditional training tools like chain collars, voice corrections, etc.

For: Adults and dogs 6 months and older

Instructor: Borcharding

Location: Sprinker Recreation Center (Alder Room)

Fee: \$85 (6 wks)

#13607 June 4-July 9 Tue 6:30-7:30 pm Sprinker



PetTech Hiking and Walking

Hiking & Walking With Your Dog: A 90 minute presentation perfect for Pet Parents and Pet Care Professionals.

This online presentation includes information for you and your dog to be safe on and off the trail. It includes the top 6 pet first aid situations you may encounter while out on the trail, as well as the successfully proven Pet Tech® Snout-To-Tail Assessment™.

The instructor provides pets for demonstrations during the class; registered service dogs are welcome upon previous notification, but all other pets must stay home.

For: Ages 13-Adult

Instructor: Amber Nonamaker, Pet Tech Instructor #2292

Fee: \$10/person

#13672 June 1 Sat 9:00-11:00 am Lakewood

#16373 Aug 3 Sat 9:00-11:00 am Lakewood



PetSaver Pet CPR, First Aid & Care

Premier 8-hour class including CPR techniques, first aid skills, dental care, senior care and health & wellness information for dogs and cats. Additionally, the class includes our PetSaver 40-page handbook and upon successful completion, each participant will receive a certificate and wallet card.

Sometimes the unexpected happens - Will you be prepared to take action when it does? The instructor provides pets for demonstrations during the class; registered service dogs are welcome upon previous notification, but all other pets must stay home.

For: Ages 13-Adult

Instructor: Amber Nonamaker, Pet Tech Instructor #2292

Fee: \$115.00

#13670 June 29 Sat 9:00 am-5:00 pm Lakewood

#13671 July 27 Sat 9:00 am-5:00 pm Lakewood

Save the date...

OCTOBER

19

WOOF WOOF

WALK

...and plan the costumes!

Pierce County Parks and Recreation