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

#13232 Jan. 8-Feb. 12 Tue 6:30-7:30 pm Meridian
#13233 Feb. 26-Apr. 2 Tue 6:30-7:30 pm Meridian
#13234 Apr. 16-May 21 Tue 6:30-7:30 pm Meridian

Belly Dance - Sprinker

#13322 Jan. 7-Feb. 11 Mon 6:00-7:00 pm Sprinker
#13323 Feb. 25-Apr. 1 Mon 6:00-7:00 pm Sprinker
#13324 Apr. 15-May 20 Mon 6:00-7:00 pm Sprinker

**Jazzercise.**

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 & Johnson (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: Wiltrout
Fee: $36/month

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: Steele/Ward
Fee: $24 (8 classes)

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*Childcare available
**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.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>#13199</td>
<td>Jan. 9-Feb. 13</td>
<td>Wed 10:00-11:00 am  Frontier</td>
</tr>
<tr>
<td>#13200</td>
<td>Feb. 27-Apr. 3</td>
<td>Wed 10:00-11:00 am  Frontier</td>
</tr>
<tr>
<td>#13201</td>
<td>Apr. 17-May 22</td>
<td>Wed 10:00-11:00 am  Frontier</td>
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Nathalie Fairbanks, M.B.A., M.Sc., M.A., RYT 200, is a certified iyengar yoga instructor who has been practicing since 1996.

**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.

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<tr>
<th>Date</th>
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<th>Venue</th>
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<tbody>
<tr>
<td>#13326</td>
<td>Jan. 8-Feb. 12</td>
<td>Tue 6:00-7:15 pm  Sprinker</td>
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<tr>
<td>#13327</td>
<td>Feb. 26-Apr. 2</td>
<td>Tue 6:00-7:15 pm  Sprinker</td>
</tr>
<tr>
<td>#13328</td>
<td>Apr 8-May 21</td>
<td>Tue 6:00-7:15 pm  Sprinker</td>
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**Hatha Yoga**

Hatha yoga is a gentle yoga class appropriate new or experienced yoga practitioners. It is a great way to decrease stress while increasing flexibility and strength.

**Hatha Yoga - Frontier**

This class is perfect for all body types. Learn breathing techniques, standing and floor postures. Wear loose, comfortable clothing.

Bring a yoga mat and blanket (optional yoga blocks, straps, and pillow).

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<th>Venue</th>
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<td>Jan. 10-Feb. 14</td>
<td>Thur 6:30-7:45 pm  Frontier</td>
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<tr>
<td>#13192</td>
<td>Feb. 19-Mar. 26</td>
<td>Tue 6:30-7:45 pm  Frontier</td>
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<td>Feb. 21-Mar. 28</td>
<td>Thur 6:30-7:45 pm  Frontier</td>
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<td>#13193</td>
<td>Apr. 2-May 7</td>
<td>Tue 6:30-7:45 pm  Frontier</td>
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<tr>
<td>#13197</td>
<td>Apr. 4-May 9</td>
<td>Thur 6:30-7:45 pm  Frontier</td>
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**Hatha Yoga - Lakewood**

The Lakewood Hatha Yoga class consists of seated, standing and inverted postures with modifications and challenging variations.

**Try out the class at no charge:**

- **Wednesday, January 16**
  6:30-7:30 pm
- **Saturday, January 19**
  9:00-10:00 am

For: Teens/Adults  
Instructor: Quillen  
Fees: $54/session (6 wks)  
$10 drop-in/class

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<td>Mar. 20-Apr. 24</td>
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<tr>
<td>#13442</td>
<td>May 1-June 5</td>
<td>Wed 6:30-7:30 pm  Lakewood</td>
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<td>#13444</td>
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<td>Sat 9:00-10:00 am  Lakewood</td>
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<td>#13445</td>
<td>Mar. 16-Apr. 20</td>
<td>Sat 9:00-10:00 am  Lakewood</td>
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<td>#13446</td>
<td>Apr. 27-June 8*</td>
<td>Sat 9:00-10:00 am  Lakewood</td>
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*No class May 25*
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 Borcherding. 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: Borcherding
Fee: $85 (6 wks)
#13320 Feb. 5-Mar. 12 Tue 6:30-7:30 pm Sprinker

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.
• This class is for dogs 6 months and older.

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
#13477 Feb. 2 Sat 9:00 am-5:00 pm Lakewood
#13448 Apr. 13 Sat 9:00 am-5:00 pm Lakewood

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
#13449 May 11 Sat 9:00-11:00 am Lakewood
**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-Adult (all belts)  
Instructor: Podzaline  
Fees: $35/person (8 classes)  
$30 - 2nd family member (8 classes)

**Ages 7-12 yrs**

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**Ages 13+**

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<td>Tue/Thur</td>
<td>7:50-9:00 pm</td>
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**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.

For: Ages 8-Adult  
Instructors: Hagedorn & Shaw  
Fees: $36/month (3 times/wk)  
$26 - 2nd family member

**All Belts:**

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<tr>
<th>Code</th>
<th>Dates</th>
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<td>#12825</td>
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<td>#1316</td>
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<td>#13418</td>
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<td>Mon/Thur</td>
<td>6:30-8:00 pm</td>
<td>Sprinker</td>
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*No classes Dec. 24, Dec. 31, & May 27

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**Puyallup Cheer Classes**

Girls and boys ages 5-13 are invited to learn jumps, kicks, cheer motions, and dance taught by Coach Danni from the Puyallup Cheer Academy.

The program teaches coordination, self-confidence, teamwork and physical fitness! At the end of the month, cheerleaders will do a performance for parents and family members.

For: Ages 5-13  
Instructor: Dannielle Chapman, Puyallup Cheer Academy, www.cheerpca.com  
Fee: $40 (4 wks)

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<tr>
<td>#13247</td>
<td>May 7-28</td>
<td>Tue</td>
<td>4:15-5:15 pm</td>
<td>Meridian</td>
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<tr>
<td>#13248</td>
<td>May 9-30</td>
<td>Thur</td>
<td>5:00-6:00 pm</td>
<td>Frontier</td>
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**Cheerleading Tryout Preparation Class**

Learn everything you need to know about trying out for your High School Cheer team in this two hour class. Coach Danni from Puyallup Cheer Academy will go over everything from how to rally in, basic kicks and jumps, along with teaching a cheer and dance. Gain confidence and have fun while learning what the judges and coaches are looking for.

For: Ages 12-18  
Instructor: Dannielle Chapman, Puyallup Cheer Academy, www.cheerpca.com  
Fee: $30 (1 day)

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<tr>
<td>#13249</td>
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