

**• Open Gym for Children on the Autism Spectrum**

This parent and/or personal therapist led activity in an open gym format is designed for children ages 3-12 years on the autism spectrum. Enjoy the entire 11,000 s/f gym filled with safe, age-appropriate gymnastics equipment plus a zip-line, climbing rope and more! Wear comfortable clothing free of zippers. Min. 4

Days: Saturdays  
Dates: Session 1: April 7 - May 5  
 Session 2: May 12 - June 9  
Time: 9:00 - 9:45 AM  
Cost: \$25 per session  
Site: Roach Gymnastics  
 1627 45th St E, Bldg. #D103, Sumner

**• 3rd Annual Adult Flashlight Egg Hunt**

Brave the mad dash of other "big kids" such as yourself and join us for our *3rd Adult Flashlight Egg Hunt!* With over 2,000 eggs to find, you will have a chance to win prizes such as gift cards, spring gift items, soda, chips, candy and MORE! Event will take place rain or shine.

Date: Saturday, April 7  
Time: 9:30 PM (Line up starting at 8:30 PM)  
Ages: 18 and older only  
 Children will not be allowed in the hunt area  
Cost: \$5 per person  
Site: Allan Yorke Park Field #4  
 Across street from snack shack and rest rooms




**ADULT FITNESS CLASSES**

**• NIA**

Nia is a non-impact fitness class combining dance, martial arts and healing arts. It is a dance class adaptable to all ages, body types and fitness levels. "Through movement, we find health" is the NIA philosophy. Join us and find the joy of moving in your body while improving your health, fitness and sense of well-being. *Instructor: Stacey Lawrence*, Licensed NIA teacher.

Days: Tuesdays and Thursdays  
Dates: Session 1: March 1 - 27  
 Session 2: April 3 - 26  
 Session 3: May 1 - 29  
Time: 5:45 - 6:45 PM  
Cost: \$35 per session  
Site: Mountain View Middle School Commons



**Open Weight Room at Sumner High School**  
 Monday & Thursday 5:30-7:00 PM  
 Must be 18 or older!  
 Well supervised by Dave Hirano who also provides a personal program based on your goals & objectives.  
 \$3 per visit

**ADULT FITNESS CLASSES**

**• Pilates - New Instructor!**

Pilates is a low-impact body conditioning exercise that targets the deep postural muscles of the body. Pilates promotes increased strength, flexibility, circulation, coordination and stamina. Improved posture and proper body alignment are also benefits of participation in the Pilates system. Instructor *Jenni Wolfe* is BAS I Pilates certified and has taught Pilates for 6 years and group fitness classes for 20 years. Bring a mat or thick towel to class. Min 10

Days: Tuesdays & Thursdays  
Dates: April 17 through May 24  
Time: 12:30 - 1:30 PM  
Cost: \$ 60  
Site: Robert Miller Gym  
 15206 Daffodil St. Ct. E, Sumner

**• Zumba Fitness**

Zumba is a Latin inspired, calorie burning fitness program that is sweeping the world! Zumba fuses Latin rhythms with easy to follow Salsa, Cumbia and Merengue dance steps in an effective workout regime. You won't believe how much fun exercise is until you try it! Zumba is a great workout for beginners and also includes modifications for every level of fitness. Join us to get fit and have fun too! Class registration is by punch card which gives you the option to attend classes at your convenience.

Days: Thursdays  
Dates: Mar. 8, 15, 22, 29, Apr. 5, 19, 26, May 3, 10, 17, 24, 31  
Time: 6:30 - 7:30 PM  
Cost: Punch card options, first class is free. Drop in \$7  
 \$25 for 5 classes, \$35 for 8 classes, \$50 for 12 classes  
Site: Lakeridge Middle School Commons  
 5909 Myers Road E, Bonney Lake

Make sure to sign up for current e-mail information, class schedule changes and special events: [www.cczumba.com](http://www.cczumba.com)

**• PiYoga- Ages 18+**

PiYoga is a class designed for mainstream fitness. This unique format combines Pilates, Yoga, strength conditioning, flexibility and dynamic balance in an up tempo, non-spiritual approach to mind/body exercise. An ideal format for beginners to advanced with modification options to suit your needs. Bring a yoga mat.

*Instructor: Bre Jeffries* Min. 8 Max. 24  
Days: Thursdays  
Dates: March 8 - May 24 (No class April 12)  
Time: 6:45 - 7:45 PM  
Cost: \$55  
Site: Daffodil Elementary Multi Purpose Room  
 1509 Valley Avenue, Sumner



**• Bosu Fitness - Ages 16 to Adult**

Gain the benefits of functional, strength, core and cardio training. Bosu workouts are a quick and effective way to shape up, improve your appearance and overall fitness/sports performance. White soled shoes only. Instructor: *Linda Kent* Min. 4

Days: Tuesdays and Thursdays  
Time: 7:00 - 8:00 PM  
Class 1: April 3 - 26  
Class 2: May 1 - 31  
Cost: \$39 per class  
 Both class sessions \$59  
Site: Sumner Tae Kwon Do Academy  
 15715 Main Street E, Sumner