

FAMILY PROGRAMS

•Glow Ball Golf Tournament - NEW!

The Sumner/Bonney Lake Recreation Department is looking for teams for our first *Glow Ball Golf Tournament*. Event registration begins at 6:30 PM in the Club House with a shotgun start beginning at 8:00 PM. Registration is \$100 per team of four and includes nine holes, glow balls/sticks and score cards. This four person scramble will be played on the Executive Course and will take place rain or shine. Concessions will be available throughout the evening.

Equipment needed: Flashlight, golf clubs (there will be 12 sets available for rent for an additional \$10) and comfortable shoes (preferably golf shoes).

Pre-register through the Recreation Department to secure your team spot.

Date: Saturday, October 3
Time: Registration begins at 6:30 PM in the Club House
Shotgun Start at 8:00 PM
Cost: \$100 per four person team
Site: High Cedars Golf Club
14604- 149th St Ct, Orting 98360



ADULT PROGRAMS



• Flashlight Halloween Pumpkin Hunt - NEW!

Similar to our very popular Adult Flashlight Easter Egg Hunt, our Halloween Pumpkin Hunt participants will be searching for pumpkins and Halloween themed eggs. This event is for ages 18 and over. Children of any age will not be allowed in the area of the adult pumpkin/egg hunt.

With over 2,000 pumpkins and eggs to find, participants will have a chance to win prizes such as restaurant certificates, fall gift items, soda, chips, candy and much MORE! Event will take place rain or shine. Dress in costume and get ready to have a great time! **Bring a flashlight.** Photo ID required. **Max.** 350

Date: Friday, October 30
Time: 8:00 PM Pumpkin Hunt
6:30 PM Open for lining up
7:00 - 8:00 PM Costume Contests and Games
Cost: \$5 Please pre-register to guarantee a spot
Site: Allan Yorke Park Field #4
7203 West Tapps Hwy E, Bonney Lake



•Body Camp Challenge

Do you want to get in shape, lose weight and start a healthier life? Don't know where to start? Here is the answer! A 4-week fitness and nutrition program designed to get you on the right track to fitness and wellness. Program includes 5 workouts per week with a personal trainer in a group setting, full nutrition plan, pre/post body composition, weekly health & fitness workshops and a notebook for tracking progress. Orientation is Sunday at 10:00 AM before each session. Class times to choose from are: 6:00 AM, 9:15 AM*, 4:00 PM, 5:00 PM, 6:15 PM or 7:15 PM. *The 9:15 AM class meets M, T, Th, F, Sat.

Class 1: 9/28 - 10/24 (Orientation is 9/27)
Class 2: 10/26 - 11/21 (Orientation is 10/25)
Class 3: 11/23 - 12/19 (Orientation is 11/22)
Days: M, T, W, Th & Saturday 9:30-11:00 AM
Cost: \$250 per 4-week session
Site: The Body Studio, 15718 Main St. E, Sumner

ADULT FITNESS CLASSES

• Step Aerobics

Combination Step and Strength training for a complete workout. Choreography and music designed to create a fun, energizing workout that will improve cardiovascular fitness, lose inches and tone muscles. Steps are provided.

Min. 15 **Max.** 30. **Instructor:** Lisa Cates.
Dates: Tuesdays & Thursdays 9/8 - 11/12
Time: 6:00 - 7:00 PM
Cost: \$45 per person
Site: Lakeridge Middle School Cafeteria

• Pilates with MiniBall

Bring balance to your body with Pilates. This low impact, mat based workout will focus on building both strength and flexibility using movements developed by *Joe Pilates*. The Pilates method works the muscles deep within the body and the core. The result is a long, lean, and strong body. Pilates is fun, challenging and appropriate for any fitness level. *Instructor Lisa Cates* is a certified Pilates Instructor through Polestar Education. Pilates MiniBalls are provided. Bring a mat to class with you. **Min.** 10 **Max.** 30

Dates: Tuesdays & Thursdays 9/8 - 10/29
Time: 7:00 - 8:00 PM
Cost: \$80 per person
Site: Lakeridge Middle School Cafeteria

• PiYoga

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. PiYoga offers beginning modification and advanced options to suit your needs. Bring a yoga mat, yoga block & yoga strap.

Instructor: Bre Jeffries **Min.** 6 **Max.** 24
Dates: Thursdays, 9/3 - 11/19
Time: 6:30 - 7:30 PM
Cost: \$65
Site: Sumner Middle School Gym B

•Boot Camp for Ages 16+

Your chance to challenge your workouts to the next level is here! If you are looking to get started or want to get pushed to a level you would not get to by yourself, this class is for you. *Beth Delaney* has been in the fitness industry and coaching for more than 25 years. Class is a mixture of cardio and strength training plyometrics for a whole new workout. Bring a mat for stretching and ab work. Make sure you are cleared for this level of workout. We will move at a pace that anyone can benefit from and challenge you. Come see what the fun is all about! **Min.** 6 **Max.** 15

Days: Monday through Thursday (you choose 3 days per week)
Time: 5:30 - 6:30 AM
Cost: \$125 per session
Class 1: 9/14 - 10/8
Class 2: 10/13 - 11/5 (No class on 10/12)
Class 3: 11/9 - 12/3 (No classes 11/11 and 11/26)
Site: Sunset Stadium, Sumner

• Zumba!

As seen on *NBC's Today Show*, Zumba has become the biggest craze in adult fitness. You don't have to know how to dance to love this high-energy, dynamic Latin dance program. It is fun, effective, free-flowing and the calories just burn off! Join the Zumba party! **Instructor:** Kelly Jensen. **Max.** 20

Days: Wednesdays, 6:00 - 7:00 PM &/or Saturdays, 9:00 - 10:00 AM
Dates: Session 1: 9/30-10/24
Session 2: 10/28-11/21
Session 3: 11/25-12/19
Cost: \$35 per session once weekly, \$65 per session twice weekly
Site: The Body Studio, 15718 Main St, Sumner



Open Weight Room at SHS

Monday & Thursday • 5:30-7:00 PM • \$3 per visit • Must be 18 or older! Well supervised by Dave Hirano who also provides a personal program based on participants' goals & objectives.