

ADULT FITNESS

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 for strengthening and conditioning.

•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, Jan. 5 - Mar. 11

Time: 6:00-7:00 PM

Cost: \$40 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 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. MiniBalls are provided. Bring a mat or thick towel to class with you. Min. 10 Max. 30

Dates: Tuesdays & Thursdays, Jan. 5 - Feb. 25

Time: 7:00-8:00 PM

Cost: \$80 per person

Site: Lakeridge Middle School Cafeteria

•Step and Pilates Combo

Take both the Step Aerobics class and the Pilates MiniBall class listed above for a special price of \$110. *Participants must sign up for both classes and pay for them at the same time.

•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 with modification options to suit your needs. Bring a yoga mat. *Instructor: Bre Jeffries.* Min. 6 Max. 24

Dates: Thursdays, Dec. 3 - Feb. 25 (No classes 12/24, 31)

Time: 6:30 - 7:30 PM

Cost: \$55 per person

Site: Sumner Middle School Gym B

ADULT SPORTS

•Dodgeball League

Do you remember how much you loved playing Dodgeball as a kid? Now that you have grown up, it's even better! Teams consist of 6-12 players (male and/or female and must be out of high school). The season will have three leagues; Competitive - open for experienced Dodgeball players; Recreational - great for teams that are just starting out and getting familiar with the game, Co-ed - open to everyone (you must have at least three women on the court to begin the game). Yes ladies, Dodgeball is for you too! All leagues are open to women.

Mandatory Coaches Meeting: Tuesday, January 19 at 6:00 PM at Mountain View Middle School library.

Registration Deadline: Friday, January 8.

Date: Wed. Nights - Competitive beginning January 27

Fri. Nights - Recreational and Co-Ed beginning January 29

Cost: \$190 (80% players Sumner/Bonney Lake residents)

\$240 (Teams residing outside Sumner/Bonney Lake)

Site: Mountain View Middle School Auxiliary Gym

•2nd Annual Coed Volleyball - Call Your Own League

All players must be 16 or older and out of high school. All players under age 18 must have parental consent. Teams will consist of 3 men and 3 women (you may have up to 12 players on your roster). High School Volleyball rules will be in effect (rally scoring, first touch, etc.) League will be played on Tuesdays or Thursdays from 6:15 - 8:00 PM at Sumner Middle School or Sumner High School. Teams will play 14 matches (typically two per night). League play begins Thursday, February 4. If there is enough interest, we will run more than one division. First place teams will receive championship t-shirts.

Registration deadline is Friday, January 22.

Cost: \$175 (80% of team residing in Sumner/Bonney Lake)

\$200 (Less than 80% of team residing in Sumner/Bonney Lake)

•Women's Winter Basketball League

This is a competitive league open to all women 18 years and older. Players must be out of high school. There will be two 20-minute running clock halves. Games will be held on Sundays at local Sumner School District schools beginning in early January. League fee and rosters are due no later than December 18. A \$50 deposit will hold your spot until registration deadline.

Registration deadline: Friday, December 18.

Cost: \$525 (80% of team residents of Sumner/Bonney Lake)

\$575 (less than 80% of team Sumner/Bonney Lake residents)

•Men's Winter Basketball League

Teams will play league games on weeknights beginning mid-January. Players must be 18 or older and out of high school. There will be two 20-minute running clock halves. Games will be held at local Sumner School District schools. Two divisions will be offered: Open and 30+. Divisions may be combined if needed. Players may only play on one team (open or 30+). A \$50 deposit will hold your spot until registration deadline.

Men's Open: Teams may not have any current college players.

Men's 30 and Older: All players must be 30 years of age or older as of 12/18. One player under 30 is allowed. ID required.

Registration deadline: Friday, December 18.

Cost: \$525 (80% of team residents of Sumner/Bonney Lake)

\$575 (Less than 80% of team Sumner/Bonney Lake residents)

•Wiffle-Ball League - NEW!

We're bringing America's favorite backyard game...INSIDE! Two leagues will be offered: Co-ed and Men's. The teams will consist of 3-8 players; all of which must be at least 18 years of age and out of high school. Season length will be determined by registration.

Mandatory Coaches Meeting: Monday, January 25 at 6:00 PM at Lakeridge Middle School Gym

Registration Deadline: Friday, January 15

Date: Sunday Nights beginning January 31

Cost: \$185 (80% players Sumner/Bonney Lake residents)

\$235 (Teams residing outside Sumner/Bonney Lake)

Site: Lakeridge Middle School Gym

•Indoor Kickball League

Remember those good old days of kickball after school? Now you can relive those fun memories in our Adult Kickball League. Kickball is a simple game consisting of two teams, bases and a BIG red ball. Each team must consist of a minimum of 8 players, 3 of which must be female. Games will be played on Sunday afternoons at Lakeridge Middle School. Players must be at least 16 years of age. All players under age 18 must have parental consent. This league is purely recreational, no practice (or skill!!!)

Registration Deadline: Friday, January 15.

Date: Sunday Afternoons

Cost: \$185 (80% players Sumner/Bonney Lake residents)

\$235 (Teams residing outside Sumner/Bonney Lake)

Site: Lakeridge Middle School Gym