

BLAINE - BIRCH BAY PARK & RECREATION DISTRICT



The Benefits of Interval Training

A new study shows the benefits of exercising smarter—not longer

By Sally Wadyka - March 10, 2017

Exercise may boost your health on a cellular level and help keep you young, according to a new study published in the journal Cell Metabolism. These benefits were greatest among 65-to-80-year-olds engaged in a particular kind of exercise: high-intensity interval training (HIIT)—a workout in which short bursts of extremely vigorous exercise alternate with longer stretches of moderate physical activity. It can be done with any type of aerobic activity, including jogging, fast walking, swimming, and cycling.

The most surprising results of the study, according to Sreekumaran Nair, M.D. a researcher at the Mayo Clinic in Minnesota and one of the study authors, was how HIIT seemed to boost the production of new proteins that help improve the function of muscle cells—something that usually declines with age. To learn more about the benefits, you can continue to read this article by [clicking here:](#)

Want to start a new routine today? Join us for the Let's Get Fit program at the Birch Bay Activity Center. Mon, Wed, Fri, 8:00 - 8:45 am. Fun, family friendly HIIT atmosphere you can build strength and endurance using hand weights, bands, and steps. Kids Welcome.

COMING SOON:

BBBPRD2 has signed on with Civic Rec for online registrations and event management. You will soon be able to use credit or debit cards to purchase passes or punchards. Watch for details next month.

For a full schedule of events and times

www.bbbparkandrec.org

APRIL 2017

[CLICK HERE TO
PRINT CALENDAR](#)

NEW this month

Intro to Tai Chi for Arthritis
Sunrise Yoga

ON GOING this month

Birch Bay Activity Center
7511 Gemini Street
Birch Bay

Zumba Fitness
Zumba Burst
Yoga
Total Barre
POUND Fitness
Karate
Let's Get Fit
Country Heat
Pickleball
Badminton
After School Activities for Kids
Gymnastics
Movie Night
Open Gym



Blaine Pavilion
635 8th Street
Blaine

Zumba Fitness
Zumba Toning
Zumba Step
Line Dance
Yoga for Seniors

DISTRICT NEWS...

REGISTER TODAY FOR:

Cardio Kickboxing

One Day Only! April 6 • \$3

9:30 - 10:30 am

Birch Bay Activity Center



Join Melissa Salhus for this fun Martial Arts inspired cardio workout.

Ballroom Dance - The Waltz

Tuesdays, April 4 - 25, 7:30 - 8:30 pm

Blaine Senior Center, 763 G St., Blaine

Ages 16 and up, no partner necessary.

Cost \$50 per person.

The Waltz is useful for social dance parties. Use this class to refresh your skills or to begin your dancing future!

Introduction to Tai Chi for Arthritis

Mondays, April 10 & 17, 9:00 am • FREE

A new 10 - session series starts May 1, 9:00 am.

Cost \$75

Join certified Tai Chi and Health Qigong instructor, Kelly Hong-Williams, for this gentle exercise.

The complementary practices of qigong and tai chi align breath, movement, and awareness, and have been shown to improve balance, reduce anxiety, depression, and chronic pain while promoting energy and strength.

Call today to register for this 10-session series.

NEW YOGA CLASSES - Sunrise Yoga

Thursdays, starting April 13, 8:00 - 8:45 am • \$5

Energizing morning wake up series for the body with root-to-rise poses; includes an engaging flow sequence of seated to standing poses, and closing relaxation techniques to prepare the mind for the day ahead.

Feel ready for anything that comes your way

Class led by Sarah Willett.



Lucky Tulip

ONE FREE CLASS

Bring this Coupon to the Gym

VALID FOR ONE FREE CLASS ONLY. OFFER ENDS 4/30/2017. MUST WRITE NAME ON COUPON TO RECEIVE AND ONE TO CLASS INSTRUCTOR.
VALID AT THE BIRCH BAY ACTIVITY CENTER OR THE BLAINE PAVILION. BIRTHDAY CLASSES ONLY.



Movie Mania!
Friday's at the Birch Bay Activity Center

FREE! MOVIE NIGHTS
Bring your blanket or lawn chair
and join us at the gym!

Showtime: Sunset
Call (360) 656-6416 for movie time

Free Popcorn!

7511 Gemini Street • Birch Bay, WA

Upcoming Movie Schedule

April 7th: Rogue One A Star Wars Story PG-13

April 14th: Brave PG

April 21st: The Lorax PG

April 28th: Charlie and the Chocolate Factory PG

Special Spring Break Classes

Power Yoga

Monday April 3 9:00 - 10:00 am • \$5

Dynamic mix of sweat and spirit that will challenge you to step up to your edge. Linking movement and breath together, and exhilarating body and mind practice with emphasis on movement, balance, and intention, leaving you with a sense of accomplishment and empowerment.

Class led by Sarah Willett.

Thursday, April 6 10:30 - 11:15 am • \$5

Bring Your Own Baby Yoga

BYOB yoga is appropriate until baby is 9 months or actively crawling. Nurture your baby while caring for yourself. For caregivers (moms, dads, grandparents, nannies) to bond through loving touch, sight, sound, and movement. Let baby in on the yoga practice physically, mentally, and spiritually to build a strong bond of trust and security. Gently engaging, calming for baby and caregiver.

Classes led by Sarah Willett.

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