

**Sun****Mon****Tue****Wed****Thu****Fri****Sat**

# October Fitness Fun for the Whole Family!



<p>1. 9 — 12 Water's Edge Church <b>Badminton</b> 3 - 6:00 <b>Girls</b> <b>Basketball</b> 6 - 8 pm</p>	<p>2. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p>3. <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15</p>	<p>4. Get Fit 8 - 8:45 <b>HOPPIN &amp; BOPPIN FUN with DANA</b> 9:15 - 10:00 <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>POUNDFit</b> 6 - 6:45</p>	<p>5. <b>BARRE</b> 9:30 - 10:15 <b>POUNDFit</b> 10:30 - 11:15 <b>TODDLER TIME</b> 11:15 - 12:15 <b>PICKLEBALL</b> 12:30 - 3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p>6. Get Fit 8 - 8:45 <b>Zumba Burst</b> 9 am with Carella <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>MOVIE NIGHT</b> Sunset <i>Pirates of the Caribbean: Dead Men Tell No Tales</i> PG 13</p>	<p>7. <b>ZUMBA</b> 9 - 10 w/ Jenny <b>PICKLEBALL</b> 10:00 - 12:30 <b>HUMAN HUNGRY HIPPO GAME</b> 1 - 2 Open Gym 2:00 - 4:00</p>
<p>8. 9 — 12 Water's Edge Church <b>Badminton</b> 3 - 6:00 <b>Girls</b> <b>Basketball</b> 6 - 8 pm</p>	<p>9. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p>10. <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15</p>	<p>11. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFit</b> 6 - 6:45</p>	<p>12. <b>BARRE</b> 9:30 - 10:15 <b>POUNDFit</b> 10:30 - 11:15 <b>TODDLER TIME</b> 11:15 - 12:15 <b>PICKLEBALL</b> 12:30 - 2:30  Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p>13. Get Fit 8 - 8:45 <b>Zumba Burst</b> 9 am with Carella <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30  <b>MOVIE NIGHT</b> Sunset <i>Hotel Transylvania 2</i> PG</p>	<p>14. <b>ZUMBA</b> 9 - 10 <b>PICKLEBALL</b> 10:00 - 12:30 <b>HUMAN HUNGRY HIPPO GAME</b> 1 - 2 Open Gym 2:00 - 4:00</p>
<p>15. 9 — 12 Water's Edge Church <b>Badminton</b> 3 - 6:00 <b>Girls</b> <b>Basketball</b> 6 - 8 pm</p>	<p>16. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p>17. <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15</p>	<p>18. Get Fit 8 - 8:45  <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFit</b> 6 - 6:45</p>	<p>19. <b>BARRE</b> 9:30 - 10:15 <b>POUNDFit</b> 10:30 - 11:15 <b>TODDLER TIME</b> 11:15 - 12:15 <b>PICKLEBALL</b> 12:30 - 3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p>20. Get Fit 8 - 8:45 <b>Zumba Burst</b> 9 - 10 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>MOVIE NIGHT</b> 6:30 <i>Spider-Man: Homecoming</i> PG 13</p>	<p>21. <b>ZUMBA</b> 9 - 10  <b>NO PICKLEBALL</b> <b>KIDS KARNIVAL</b> 1 - 3  <b>NO Open Gym</b></p>
<p>22. 9 — 1 Water's Edge Church <b>Badminton</b> 3 - 6:00 <b>Girls</b> <b>Basketball</b> 6 - 8 pm</p>	<p>23. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p>24. <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15</p>	<p>25. Get Fit 8 - 8:45  <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFit</b> 6 - 6:45</p>	<p>26. <b>BARRE</b> 9:30 - 10:15 <b>POUNDFit</b> 10:30 - 11:15 <b>TODDLER TIME</b> 11:15 - 12:15 <b>PICKLEBALL</b> 12:30 - 3:30 <b>NO Karate</b> Yoga 6:15 - 7:15</p>	<p>27. Get Fit 8 - 8:45 <b>Zumba Burst</b> 9 - 10 <b>PICKLEBALL</b> 10:00 - 1:30 <b>Tai Chi</b> 1:30 - 2:30 Afterschool Play 2:30 - 5:30  <b>MOVIE NIGHT</b> - 6:30 <i>Cars G</i></p>	<p>28. <b>ZUMBA</b> 9 - 10 <b>PICKLEBALL</b> 10:00 - 12:30 <b>HUNGRY HIPPO GAME</b> 1 - 2 Open Gym 2:00 - 4:00</p>
<p>30. 9 — 12 Water's Edge Church <b>Badminton</b> 3 - 6:00 <b>Girls</b> <b>Basketball</b> 6 - 8 pm</p>	<p>31. Get Fit 8 - 8:45 <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p><b>Coming in October &amp; November</b></p> <ul style="list-style-type: none"> <li>• <b>Hoppin &amp; Boppin Fun with DANA</b> - Wednesday, October 4, 9:15 - 10:00 am. By Donation. Kids ages 2 - 8 years.</li> <li>• <b>Kids Karnival</b> - Saturday, October 21, 1:00 - 3:00 pm. Birch Bay Activity Center. FREE</li> <li>• <b>Inner Peace Through Qigong &amp; Meditation</b> - Tuesdays, October 3 - 31, 4 - 4:45 pm. \$5 drop in.</li> <li>• <b>Heartsaver® CPR &amp; AED Training</b> - Thursday, November 16, 12:30 - 3:30 pm. \$40 per student.</li> </ul>				

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
1.	2. ZUMBA 9 - 10  BSC: Line Dance 5:30 - 6:30	3. Line Dance 10:30 - 11:30  Ballroom Dance 7:30 - 8:30	4. ZUMBA Toning 9 - 10	5. Line Dance 9:00 - 10:00  YOGA for Seniors 10:30 - 11:30	6. NO ZUMBA Step	7. NO ZUMBA Yoga 10:30 - 11:30
8.	9.  ZUMBA 9 - 10  BSC: Line Dance 5:30 - 6:30	10. Line Dance 10:30 - 11:30  Ballroom Dance 7:30 - 8:30	11. ZUMBA Toning 9 - 10	12. Line Dance 9:00 - 10:00  YOGA for Seniors 10:30 - 11:30	13. ZUMBA Step 9 - 10A	14.  ZUMBA 9 - 10 Yoga 10:30 - 11:30
15.	16. ZUMBA 9 - 10  BSC: Line Dance 5:30 - 6:30	17. Line Dance 10:30 - 11:30  Ballroom Dance 7:30 - 8:30	18. ZUMBA Toning 9 - 10  Introduction to Reiki 10:15 - 11:45	19. Line Dance 9:00 - 10:00  YOGA for Seniors 10:30 - 11:30	20. ZUMBA Step 9 - 10A	21. ZUMBA 9 - 10 Yoga 10:30 - 11:30
22.	23. ZUMBA 9 - 10  BSC: Line Dance 5:30 - 6:30	24. Line Dance 10:30 - 11:30  Ballroom Dance 7:30 - 8:30	25. ZUMBA Toning 9 - 10  Introduction to Reiki 10:15 - 11:45	26. Line Dance 9:00 - 10:00  YOGA for Seniors 10:30 - 11:30	27. ZUMBA Step 9 - 10A	28. ZUMBA 9 - 10 Yoga 10:30 - 11:30
29.	30. ZUMBA 9 - 10  BSC: Line Dance 5:30 - 6:30	<b>Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA</b>  <b>Sponsored by Blaine-Birch Bay Park and Recreation District</b>				