

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**



# January Fitness Fun for the Whole Family!



	<p><b>1. HAPPY NEW YEAR! Yes, We are Open!</b> Get Fit 8 - 8:45 Zumba 9 am PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 NO POUNDFIT Basketball Open Gym</p>	<p><b>2.</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15</p>	<p><b>3.</b> Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45</p>	<p><b>4.</b> BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p><b>5. Get Fit 8 - 8:45</b>  PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30  MOVIE NIGHT 6:30 <i>Mulan G</i></p>	<p><b>6.</b> ZUMBA 9 - 10 w/ Jenny  PICKLEBALL TOURNAMENT.  NO Open Gym</p>
<p><b>7.</b> 9 - 12 Water's Edge Church  Badminton 3 - 6:00 Pickleball 6 - 9</p>	<p><b>8. Get Fit 8 - 8:45</b> <b>NEW TIME &amp; DAY</b> Zumba w/ Carella 9 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p><b>9.</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15</p>	<p><b>10.</b> Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30  POUNDFit 6 - 6:45</p>	<p><b>11.</b> BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 2:30  Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p><b>12.</b> Get Fit 8 - 8:45  PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30  MOVIE NIGHT 6:30 <i>Ratatouille (1989) G</i></p>	<p><b>13.</b> ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 12:30  Open Gym 2:00 - 4:00</p>
<p><b>14.</b> 9 - 12 Water's Edge Church  Badminton 3 - 6:00 Pickleball 6 - 9</p>	<p><b>15. Get Fit 8 - 8:45</b> <b>NEW TIME &amp; DAY</b> Zumba w/ Carella 9 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p><b>16.</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15</p>	<p><b>17.</b> Get Fit 8 - 8:45  PICKLEBALL 10:00 - 1:30  Afterschool Play 2:30 - 5:30  POUNDFit 6 - 6:45</p>	<p><b>18.</b> BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p><b>19.</b> Get Fit 8 - 8:45  PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 MOVIE NIGHT 6:30 <i>The Transformers PG13</i></p>	<p><b>20.</b> ZUMBA 9 - 10  PICKLEBALL 10:00 - 12:30  Open Gym 2:00 - 4:00</p>
<p><b>21.</b> 9 - 12 Water's Edge Church  Badminton 3 - 6:00 Pickleball 6 - 9</p>	<p><b>22. Get Fit 8 - 8:45</b> <b>NEW TIME &amp; DAY</b> Zumba w/ Carella 9 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym</p>	<p><b>23.</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15</p>	<p><b>24.</b> Get Fit 8 - 8:45  PICKLEBALL 10:00 - 1:30  Afterschool Play 2:30 - 5:30  POUNDFit 6 - 6:45</p>	<p><b>25.</b> BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p><b>26.</b> Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 MOVIE NIGHT - 6:30 <i>Winter Time Double Feature Ice Age - Dawn of the Dinosaurs PG / Frozen PG</i></p>	<p><b>27.</b> ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 12:30  Open Gym 2:00 - 4:00</p>
<p><b>28.</b> 9 - 12 Water's Edge Church  Badminton 3 - 6:00 Pickleball 6 - 9</p>	<p><b>29. Get Fit 8 - 8:45</b> <b>NEW TIME &amp; DAY</b> Zumba w/ Carella 9 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p><b>30.</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00  Qigong &amp; Meditation 4:00 - 4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15</p>	<p><b>31.</b> Get Fit 8 - 8:45  PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30  POUNDFit 6 - 6:45</p>	<p><b>Coming in January &amp; February</b></p> <ul style="list-style-type: none"> <li>• <b>Introduction to Reiki</b>- Wednesday, January 10 - February 7, 10:15 - 11:45 am. \$50, Registration required. Blaine Pavilion</li> <li>• <b>The Great Love A-Fair</b> - Saturday, February 10, 10:00 am - 7:00 pm</li> <li>• <b>Heartsaver® CPR &amp; AED Training</b> - Thursday, February 15, 6:00 - 9:00 pm. \$40 per person, Birch Bay Activity Center</li> </ul>		

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	<b>1.</b> <b>NO CLASSES</b>  <b>Happy New Year!</b>	<b>2.</b> <b>Line Dance</b> <b>10:30 - 11:30</b>  <b>Ballroom Dance</b> <b>7:30 - 8:30</b>	<b>3.</b> <b>ZUMBA Toning</b> <b>9 - 10</b>	<b>4.</b> <b>Line Dance</b> <b>9:00 - 10:00</b>  <b>YOGA for Seniors</b> <b>10:30 - 11:30</b>	<b>5.</b> <b>ZUMBA Step</b> <b>9 - 10</b>	<b>6.</b>  <b>ZUMBA 9 - 10</b> <b>Yoga 10:30 - 11:30</b>
<b>7.</b>	<b>8.</b> <b>ZUMBA</b> <b>9 - 10</b>  <b>BSC: Line Dance</b> <b>5:30 - 6:30</b>	<b>9.</b> <b>Line Dance</b> <b>10:30 - 11:30</b>  <b>Ballroom Dance</b> <b>7:30 - 8:30</b>	<b>10.</b> <b>ZUMBA Toning</b> <b>9 - 10</b>  <b>Introduction to</b> <b>Reiki 10:15 - 11:45</b>	<b>11.</b> <b>Line Dance</b> <b>9:00 - 10:00</b>  <b>YOGA for Seniors</b> <b>10:30 - 11:30</b>	<b>12.</b> <b>ZUMBA</b> <b>9 - 10</b>	<b>13.</b> <b>ZUMBA 9 - 10</b> <b>Yoga 10:30 - 11:30</b>
<b>14.</b>	<b>15.</b> <b>ZUMBA</b> <b>9 - 10</b>  <b>BSC: Line Dance</b> <b>5:30 - 6:30</b>	<b>16.</b> <b>Line Dance</b> <b>10:30 - 11:30</b>  <b>Ballroom Dance</b> <b>7:30 - 8:30</b>	<b>17.</b> <b>ZUMBA Toning</b> <b>9 - 10</b>  <b>Introduction to</b> <b>Reiki 10:15 - 11:45</b>	<b>18.</b> <b>Line Dance</b> <b>9:00 - 10:00</b>  <b>YOGA for Seniors</b> <b>10:30 - 11:30</b>	<b>19.</b> <b>ZUMBA Step</b> <b>9 - 10</b>	<b>20.</b> <b>ZUMBA 9 - 10</b> <b>Yoga 10:30 - 11:30</b>
<b>21.</b>	<b>22.</b> <b>ZUMBA</b> <b>9 - 10</b>  <b>BSC: Line Dance</b> <b>5:30 - 6:30</b>	<b>23.</b> <b>Line Dance</b> <b>10:30 - 11:30</b>  <b>Ballroom Dance</b> <b>7:30 - 8:30</b>	<b>24.</b> <b>ZUMBA Toning</b> <b>9 - 10</b>  <b>Introduction to</b> <b>Reiki 10:15 - 11:45</b>	<b>25.</b> <b>Line Dance</b> <b>9:00 - 10:00</b>  <b>YOGA for Seniors</b> <b>10:30 - 11:30</b>	<b>26.</b> <b>ZUMBA Step</b> <b>9 - 10</b>	<b>27.</b> <b>ZUMBA 9 - 10</b> <b>Yoga 10:30 - 11:30</b>
<b>28.</b>	<b>29.</b> <b>ZUMBA</b> <b>9 - 10</b>  <b>BSC: Line Dance</b> <b>5:30 - 6:30</b>	<b>30.</b> <b>Line Dance</b> <b>10:30 - 11:30</b>  <b>Ballroom Dance</b> <b>7:30 - 8:30</b>	<b>31.</b> <b>ZUMBA Toning</b> <b>9 - 10</b>  <b>Introduction to</b> <b>Reiki 10:15 - 11:45</b>	<b>Classes at the Blaine Pavilion - 635 8th Street,  Blaine, WA</b>  <b>Sponsored by Blaine-Birch Bay Park and  Recreation District</b>		