


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


November Fitness Fun for the Whole Family!



Coming in November

- **Heartsaver® CPR & AED Training** - Thursday, November 30, 12:30—3:30 pm. \$40
- **SPECIAL EVENING BARRE Class** - Monday, November 20, 7—7:45 pm. \$5 drop in.

		1. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45		2. 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		3. Get Fit 8 - 8:45 Zumba Burst 9 am with Carella PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 MOVIE NIGHT 6:30 pm Cars 2 G		4. ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 12:30 **Time Change - Open Gym 1:00 - 3:00 (this date only)	
5. 9 - 12 Water's Edge Church Badminton 3 - 6:00 Basketball Skills for Girls 6 - 8 pm		6. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Open Gym Basketball 7—9		7. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 w/ Jenny		8. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45		9. 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	
12. 9 - 12 Water's Edge Church Badminton 3 - 6:00 Basketball Skills for Girls 6 - 8 pm		13. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30 POUNDFIT 6 - 6:45 Open Gym Basketball 7—9		14. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 w/ Jenny		15. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45		16. 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	
19. 9 - 12 Water's Edge Church Badminton 3 - 6:00 Basketball Skills for Girls 6 - 8 pm		20. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 SPECIAL CLASS: BARRE 7—7:45 pm NO BASKETBALL		21. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 w/ Jenny		22. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 NO POUNDFit		23. ACTIVITY CENTER CLOSED 	
26. 9 - 1 Water's Edge Church Badminton 3 - 6:00 Basketball Skills for Girls 6 - 8 pm		27. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Open Gym Basketball 7—9		28. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 w/ Jenny		29. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45		30. BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 NO PICKLEBALL CPR Training 12:30—3:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15	
						Coming in December <ul style="list-style-type: none"> • Holiday Lights Dash— Saturday, December 2, 3:00 pm. • Photos with Santa & Cookie Decorating • Movie Night- Friday, December 15. Movie is Arthur Christmas. 5-6 pm, movie at 6:30. 			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA Sponsored by Blaine-Birch Bay Park and Recreation District			1. ZUMBA Toning 9 - 10 REIKI 10:15—11:45	2. Line Dance 9:00 - 10:00 YOGA for Seniors 10:30 - 11:30	3. ZUMBA Step 9 - 10A	4. ZUMBA 9 - 10 Yoga 10:30 - 11:30
5.	6. ZUMBA 9 - 10 BSC: Line Dance 5:30 - 6:30	7. Line Dance 10:30 - 11:30	8. ZUMBA Toning 9 - 10 REIKI 10:15—11:45	9. Line Dance 9:00 - 10:00 YOGA for Seniors 10:30 - 11:30	10. ZUMBA Step 9 - 10A	11. ZUMBA 9 - 10 Yoga 10:30 - 11:30
12.	13. ZUMBA 9 - 10 BSC: Line Dance 5:30 - 6:30	14. Line Dance 10:30 - 11:30	15. ZUMBA Toning 9 - 10 REIKI 10:15—11:45	16. Line Dance 9:00 - 10:00 YOGA for Seniors 10:30 - 11:30	17. ZUMBA Step 9 - 10A	18. ZUMBA 9 - 10 Yoga 10:30 - 11:30
19.	20. ZUMBA 9 - 10 BSC: Line Dance 5:30 - 6:30	21. Line Dance 10:30 - 11:30	22. ZUMBA Toning 9 - 10	23. CLOSED 	24. ZUMBA Step 9 - 10A	25. ZUMBA 9 - 10 Yoga 10:30 - 11:30
26.	27. ZUMBA 9 - 10 BSC: Line Dance 5:30 - 6:30	28. Line Dance 10:30 - 11:30	29. ZUMBA Toning 9 - 10	30. Line Dance 9:00 - 10:00 YOGA for Seniors 10:30 - 11:30	Coming in December—Birch Bay Activity Center <ul style="list-style-type: none"> Holiday Lights Dash— Saturday, December 2, 3:00 pm. Photos with Santa & Cookie Decorating Movie Night- Friday, December 15. Movie is Arthur Christmas. 5-6 pm, movie at 6:30. FREE 	