

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

September Fitness Fun for the Whole Family!



Coming in September

- **Tai Chi for Health** - Mondays, Fridays, 1:30 - 2:30 pm. \$75 for 10 class session. Register Now!
- **Heartsaver® CPR & AED Training** - Thursday, September 21, 1:30 - 4:30 pm. \$40 per student.
- **Slip and Slide Kickball Party** - Saturday, September 9, 12:30 - 2:00 pm. Birch Bay Activity Center. \$10 per team.
- **Inner Peace Through Qigong & Meditation** - Free Introductory Class, Tuesday, September 19, 4 - 4:45 pm


1.
Get Fit 8 - 8:45
Zumba Burst 9 am with Carella
PICKLEBALL 10:00 - 1:30

Afterschool Play 2:30 - 5:30
OPEN GYM 5:30 - 7:00

2.
ZUMBA 9 - 10 w/ Jenny
PICKLEBALL 10:00 - 12:30

NO Open Gym. Join us at the Birch Bay Discovery Days on Birch Bay Drive.

<p>3. 9 - 12 Water's Edge Church Badminton 3 - 6:00 Kids Olympics 11 - 1 pm.</p>	<p>4. ACTIVITY CENTER CLOSED </p>	<p>5. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 Ballroom Dance 7:30—8:30</p>	<p>6. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45</p>	<p>7. 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>8. Get Fit 8 - 8:45 Zumba Burst 9 am with Carella PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 OPEN GYM 5:30 - 7:00 MOVIE NIGHT Sunset Mean Girls PG13</p>	<p>9. ZUMBA 9 - 10 w/ Melissa PICKLEBALL 10:00 - 12:30 Slip and Slide Kickball Party 12:30 - 2:00 Open Gym 1:00 - 3:30</p>
<p>10. 9 - 12 Water's Edge Church Badminton 3 - 6:00</p>	<p>11. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>12. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 KARATE 5:00 - 6:00 ZUMBA 6:15 - 7:15 Ballroom Dance 7:30—8:30</p>	<p>13. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45</p>	<p>14. 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>15. Get Fit 8 - 8:45 Zumba Burst 9 - 10 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 OPEN GYM 5:30 - 7:00 MOVIE NIGHT Sunset Captain Underpants First</p>	<p>16. ZUMBA 9 - 10 w/ Melissa PICKLEBALL 10:00 - 12:30 Open Gym 2:00 - 4:00</p>
<p>17. 9 - 12 Water's Edge Church Badminton 3 - 6:00</p>	<p>18. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>19. BARRE 8:45 - 9:30 YOGA 9:30 - 10:30 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4:00 - 4:45 FREE CLASS KARATE 5 — 6:00 ZUMBA 6:15 - 7:15 Ballroom Dance 7:30—8:30</p>	<p>20. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFit 6 - 6:45</p>	<p>21. BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 NO TODDLER TIME Birch Bay Chamber Luncheon Host 11:30 - 1:30 CPR Training 1:30 - 4:30 Karate 4:30 - 6:00 Yoga 6:15 - 7:15</p>	<p>22. Get Fit 8 - 8:45 Zumba Burst 9 - 10 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 OPEN GYM 5:30 - 6:30 MOVIE NIGHT - Sunset Wonder Woman PG13</p>	<p>23. ZUMBA 9 - 10 w/ Melissa PICKLEBALL 10:00 - 12:30 Open Gym 2:00 - 4:00</p>
<p>24. 9 - 1 Water's Edge Church Badminton 3 - 6:00</p>	<p>25. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>26. BARRE 8:45 - 9:30 YOGA 9:30 - 10:30 PICKLEBALL 11:00 - 2:00 KARATE 5 — 6:00 ZUMBA 6:15 - 7:15 Ballroom Dance 7:30—8:30</p>	<p>27. Get Fit 8 - 8:45 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 DOUBLE POUNDFit 6 - 6:45 POUNDFit 7 - 7:45</p>	<p>28. 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>29. Get Fit 8 - 8:45 Zumba Burst 9 - 10 PICKLEBALL 10:00 - 1:30 Tai Chi 1:30 - 2:30 Afterschool Play 2:30 - 5:30 OPEN GYM 5:30 - 6:30 MOVIE NIGHT Sunset Toy Story 3 G</p>	<p>30. ZUMBA 9 - 10 w/ Dory PICKLEBALL 10:00 - 12:30 Open Gym 2:00 - 4:00</p>

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