

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

# February Fitness Fun for the Whole Family!



## Coming in February

- **The Great Love A-Fair** - Saturday, February 10 10:00 am - 7:00 pm A Vendor ~ Artisan ~ Craft Fair, Birch Bay Activity Center
- **Mini Soccer Clinic** - Thursdays, February 15 - March 8, 3:30 - 4:20 pm, Ages 4 - 10
- **Heartsaver® CPR & AED Training** - Thursday, February 15, 6 - 9. \$40 per student.

<b>4.</b> 9 — 12 <i>Water's Edge Church</i> <b>Badminton</b> 3 - 6:00 <b>Pickleball</b> 6 - 9 pm	<b>5. Get Fit 8 - 8:45</b> <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball 7 - 9	<b>6.</b> <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00 Qigong & Meditation 4—4:45  <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15	<b>7. Get Fit 8 - 8:45</b> <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30  <b>POUNDFIT</b> 6 - 6:45 Indoor Soccer 7 - 9	<b>8.</b> <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>Karate</b> 4:30 - 6:00 <b>Yoga</b> 6:15 - 7:15	<b>9.</b> <b>Get Fit 8 - 8:45</b> Zumba 9 am with Carella <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30  <b>MOVIE NIGHT</b> 6:30 <i>The Jungle Book (1967) G</i>	<b>10.</b> <b>NO CLASSES</b>  <b>THE GREAT LOVE A-FAIR EVENT</b> 10 - 7P Open to the Public
<b>11.</b> 9 — 12 <i>Water's Edge Church</i> <b>Badminton</b> 3 - 6:00 <b>Pickleball</b> 6 - 9 pm	<b>12. Get Fit 8 - 8:45</b> <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball 7 - 9	<b>13.</b> <b>BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:45 - 10:45 <b>PICKLEBALL</b> 11:00 - 2:00 Qigong & Meditation 4—4:45  <b>KARATE</b> 5:00 - 6:00 <b>ZUMBA</b> 6:15 - 7:15	<b>14. Get Fit 8 - 8:45</b>  <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30  <b>POUNDFIT</b> 6 - 6:45 Indoor Soccer 7 - 9	<b>15. BARRE</b> 9:30 - 10:15 <b>POUNDFIT</b> 10:30 - 11:15 <b>NO TODDLER TIME</b> Birch Bay Chamber Luncheon Host 11:30 - 1:30 <b>PICKLEBALL</b> 1:30 - 3:30 <b>SOCCER CLNIC</b> 3:30 - 4:20 <b>Karate</b> 4:30 - 6:00 <b>CPR Training</b> 6 - 9P	<b>16. Get Fit 8 - 8:45</b> Zumba 9 am with Carella <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30  <b>DOUBLE FEATURE MOVIE NIGHT</b> 6:30 <i>Karate Kid PG</i> <i>Ghostbusters PG13</i>	<b>17.</b> <b>ZUMBA</b> 9 - 10 w/ Jenny <b>PICKLEBALL</b> 10:00 - 12:30 Broom Ball 1 - 3 pm  Open Gym 3:00 - 4:00
<b>18.</b> 9 — 12 <i>Water's Edge Church</i> <b>Badminton</b> 3 - 6:00 <b>Pickleball</b> 6 - 9 pm	<b>19. Get Fit 8 - 8:45</b> <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball 7 - 9	<b>20. BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:30 - 10:30 <b>PICKLEBALL</b> 11:00 - 2:00 Qigong & Meditation 4—4:45  <b>KARATE</b> 5 — 6:00 <b>ZUMBA</b> 6:15 - 7:15	<b>21. Get Fit 8 - 8:45</b>  <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30  <b>POUNDFIT</b> 6 - 6:45 Indoor Soccer 7 - 9	<b>22.</b> <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>SOCCER CLNIC</b> 3:30 - 4:20  <b>Karate</b> 4:30 - 6:00 <b>Yoga</b> 6:15 - 7:15	<b>23. Get Fit 8 - 8:45</b> Zumba 9 am with Carella <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>DISNEY PRINCESS DOUBLE MOVIE NIGHT</b> - 6:30 Cinderella G Sleeping Beauty	<b>24.</b> <b>ZUMBA</b> 9 - 10 w/ Jenny  <b>PICKLEBALL</b> 10:00 - 12:30  Open Gym 2:00 - 4:00
<b>25.</b> 9 — 1 <i>Water's Edge Church</i> <b>Badminton</b> 3 - 6:00 <b>Pickleball</b> 6 - 9 pm	<b>26. Get Fit 8 - 8:45</b> <b>PICKLEBALL</b> 10:00 - 1:30 Afterschool Play 2:30 - 5:30 <b>POUNDFIT</b> 6 - 6:45 Basketball 7 - 9	<b>27. BARRE</b> 8:45 - 9:30 <b>YOGA</b> 9:30 - 10:30 <b>PICKLEBALL</b> 11:00 - 2:00 Qigong & Meditation 4—4:45  <b>KARATE</b> 5 — 6:00 <b>ZUMBA</b> 6:15 - 7:15	<b>28. Get Fit 8 - 8:45</b>  <b>PICKLEBALL</b> 10:00 - 1:30  Afterschool Play 2:30 - 5:30  <b>POUNDFIT</b> 6 - 6:45 Indoor Soccer 7 - 9	<b>Coming in March</b> <ul style="list-style-type: none"> <li>• <b>Babysitting Basics</b> - Saturday, March 3 9:30 am - 4:00 pm. \$40</li> </ul>		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b>Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA</b></p> <p align="center"><b>Sponsored by Blaine-Birch Bay Park and Recreation District</b></p>				<p>1. Line Dance 9:00 - 10:00</p> <p>YOGA for Seniors 10:30 - 11:30</p>	<p>2. ZUMBA w/ Christina 9 - 10A</p>	<p>3. ZUMBA 9 - 10 w/Christina</p> <p>Yoga 10:30 - 11:30</p>
<p>4.</p>	<p>5. ZUMBA 9 - 10</p> <p>BSC: Line Dance 5:30 - 6:30</p>	<p>6. Line Dance 10:30 - 11:30</p> <p>BSC: Ballroom Dance 7:30 - 8:30P</p>	<p>7. ZUMBA Toning 9 - 10</p> <p>REIKI 10:15—11:45</p>	<p>8. Line Dance 9:00 - 10:00</p> <p>Line Dance 9:00 - 10:00</p>	<p>9. ZUMBA w/ Christina 9 - 10A</p>	<p>10.</p> <p>ZUMBA 9 - 10 w/ Christina</p> <p>Yoga 10:30 - 11:30</p>
<p>11.</p>	<p>12. ZUMBA w/Christina 9 - 10</p> <p>NO Line Dance 5:30 - 6:30</p>	<p>13. NO Line Dance 10:30 - 11:30</p> <p>BSC: Ballroom Dance 7:30 - 8:30P</p>	<p>14. ZUMBA Toning 9 - 10</p> <p><i>NEW CLASS:</i> Active Aging Strength for Seniors 10:15 - 11:15</p>	<p>15. Line Dance 9:00 - 10:00</p> <p>YOGA for Seniors 10:30 - 11:30</p>	<p>16. ZUMBA w/ Christina 9 - 10A</p> <p><i>NEW CLASS:</i> Active Aging Stretch for Seniors 10:15 - 11:15</p>	<p>17. ZUMBA 9 - 10 w/ Christina</p> <p>Yoga 10:30 - 11:30</p>
<p>18.</p>	<p>19. ZUMBA 9 - 10</p> <p>BSC: Line Dance 5:30 - 6:30</p>	<p>20. Line Dance 10:30 - 11:30</p> <p>BSC: Ballroom Dance 7:30 - 8:30P</p>	<p>21. ZUMBA Toning 9 - 10</p> <p><i>NEW CLASS:</i> Active Aging Strength for Seniors 10:15 - 11:15</p>	<p>22. Line Dance 9:00 - 10:00</p> <p>YOGA for Seniors 10:30 - 11:30</p>	<p>23. ZUMBA w/ Christina 9 - 10A</p> <p><i>NEW CLASS:</i> Active Aging Stretch for Seniors 10:15 - 11:15</p>	<p>24. ZUMBA 9 - 10 w/ Christina</p> <p>Yoga 10:30 - 11:30</p>
<p>25.</p>	<p>26. ZUMBA 9 - 10</p> <p>BSC: Line Dance 5:30 - 6:30</p>	<p>27. Line Dance 10:30 - 11:30</p> <p>BSC: Ballroom Dance 7:30 - 8:30P</p>	<p>28. ZUMBA Toning 9 - 10</p> <p><i>NEW CLASS:</i> Active Aging Strength for Seniors 10:15 - 11:15</p>	<p>29. Line Dance 9:00 - 10:00</p> <p>YOGA for Seniors 10:30 - 11:30</p>	<p>30. ZUMBA w/ Christina 9 - 10A</p> <p><i>NEW CLASS:</i> Active Aging Stretch for Seniors 10:15 - 11:15</p>	<p>31.</p> <p>ZUMBA 9 - 10 w/ Christina</p> <p>Yoga 10:30 - 11:30</p>