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July Fitness Fun for the Whole Family!

<p>1. 9—12 Water's Edge Church Badminton 3 - 6:00</p>	<p>2. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9 - 10 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>3. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Kids Creative Series 2:30 - 3:30 Qigong & Meditation 4:00 - 4:45 Barre 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>4. CLOSED - Happy July 4th!</p> 	<p>5. Yoga Mix with Jenny 8:15 - 9:15 BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Strong By Zumba 5:15 - 6:15 Gentle Yoga: 6:30 - 7:30 Pickleball - Beginner Only 7:30 - 9:00 pm</p>	<p>6. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 Open Gym 5:30 - 8:30 MOVIE NIGHT 9:30 <i>Black Panther PG13</i></p>	<p>7. Barre 8 - 8:45 w/ Jenny ZUMBA 9 - 10 w/ Jenny <i>Insane in the Blaine - 10:30 - 3 pm. Blaine Skate Park</i> PICKLEBALL 10:00 - 12:30 Open Gym 2:00 - 4:00</p>
<p>8. 9—12 Water's Edge Church Badminton 3 - 6:00</p>	<p>9. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9 - 10 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>10. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Kids Creative Series 2:30 - 3:30 Qigong & Meditation 4:00 - 4:45 Barre 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>11. Get Fit 8 - 8:45 PILATES MIX 9 - 10 PICKLEBALL 10:00 - 1:30 Waterslide Wednesdays 10 - 5 POUNDFit 6 - 6:45</p>	<p>12. Yoga Mix with Jenny 8:15 - 9:15 BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Strong By Zumba 5:15 - 6:15 Gentle Yoga: 6:30 - 7:30 Pickleball - Beginner Only 7:30 - 9:00 pm</p>	<p>13. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 Open Gym 5:30 - 8:30 MOVIE NIGHT 9:25 <i>The Mummy Returns PG13</i></p>	<p>14. Barre 8 - 8:45 w/ Jenny ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 12:30 Open Gym 2:00 - 4:00</p>
<p>15. 9—12 Water's Edge Church Badminton 3 - 6:00</p>	<p>16. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9 - 10 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>17. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Kids Creative Series 2:30 - 3:30 Qigong & Meditation 4:00 - 4:45 Barre 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>18. Get Fit 8 - 8:45 PILATES MIX 9 - 10 PICKLEBALL 10:00 - 1:30 Waterslide Wednesdays 10 - 5 POUNDFit 6 - 6:45</p>	<p>19. Yoga Mix with Jenny 8:15 - 9:15 BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Strong By Zumba 5:15 - 6:15 Gentle Yoga: 6:30 - 7:30 Pickleball - Beginner Only 7:30 - 9:00 pm</p>	<p>20. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 Open Gym 5:30 - 8:30 MOVIE NIGHT 9:15 <i>Ferris Bueller's Day Off PG13</i></p>	<p>21. NO CLASSES PICKLEBALL TOURNAMENT 9 - 3 <i>Come join us and watch the fun if you aren't playing!</i></p>
<p>22. 9—1 Water's Edge Church Badminton 3 - 6:00</p>	<p>23. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9 - 10 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>24. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Kids Creative Series 2:30 - 3:30 Qigong & Meditation 4:00 - 4:45 Barre 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>25. Get Fit 8 - 8:45 PILATES MIX 9 - 10 PICKLEBALL 10:00 - 1:30 Waterslide Wednesdays 10 - 5 POUNDFit 6 - 6:45</p>	<p>26. Yoga Mix with Jenny 8:15 - 9:15 BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Strong By Zumba 5:15 - 6:15 Gentle Yoga: 6:30 - 7:30 Pickleball - Beginner Only 7:30 - 9:00 pm</p>	<p>27. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 Open Gym 5:30 - 8:30 MOVIE NIGHT 9:10 pm <i>The Fifth Element PG13</i></p>	<p>28. Barre 8 - 8:45 w/ Jenny ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 12:30 Picnic at Marine Park Playground 11:30 - 2:30 Open Gym 2:00 - 4:00</p>
<p>29. 9—12 Water's Edge Church Badminton 3 - 6:00</p>	<p>30. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9 - 10 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45</p>	<p>Birch Bay Activity Center 360-656-6416 www.blainebirchbayparkandrec.org * Schedule subject to change.</p>		<p>Coming in July</p> <ul style="list-style-type: none"> • Blaine Summer Skate Camp - Tue & Thu, July 17, 19, 24 & 26. Blaine Skate Park. FREE. • Hike to Mt. Erie, Anacortes- Tuesday, July 17, 8:00. Meet at Birch Bay Activity Center for carpooling. Bring sack lunch and water. • Picnic at Marine Park - Saturday, July 28, 11:30 - 2:30 pm. Marine Park, Blaine. \$3 fee for lunch. 		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. STRONG by ZUMBA 9:30 - 10:30 Family Fun Night 5 - 6:30	2.	3. Ballroom Dance 7:30 - 8:30 PAV	4. ZUMBA in the Circuit 9 - 10	5. QIGONG & MEDITATION 9:30 - 10:15 YOGA for Seniors 10:30 - 11:30 <i>Summer Kids Active</i> <i>Series 12:30 - 1:30</i>	6. ZUMBA 9 - 10	7. Yoga 10:30 - 11:30
8. STRONG by ZUMBA 9:30 - 10:30 Family Fun Night 5 - 6:30	9.	10. Ballroom Dance 7:30 - 8:30 BSC	11. ZUMBA in the Circuit 9 - 10	12. QIGONG & MEDITATION 9:30 - 10:15 YOGA for Seniors 10:30 - 11:30 <i>Summer Kids Active</i> <i>Series 12:30 - 1:30</i>	13. ZUMBA 9 - 10	14. Yoga 10:30 - 11:30
15. STRONG by ZUMBA 9:30 - 10:30 Family Fun Night 5 - 6:30	16.	17. Ballroom Dance 7:30 - 8:30 BSC	18. ZUMBA in the Circuit 9 - 10	19. QIGONG & MEDITATION 9:30 - 10:15 YOGA for Seniors 10:30 - 11:30 <i>Summer Kids Active</i> <i>Series 12:30 - 1:30</i> Intro to Reiki 6 - 7:30	20. ZUMBA 9 - 10	21. Yoga 10:30 - 11:30
22. STRONG by ZUMBA 9:30 - 10:30 Family Fun Night 5 - 6:30	23.	24. Ballroom Dance 7:30 - 8:30 BSC	25. ZUMBA in the Circuit 9 - 10	26. QIGONG & MEDITATION 9:30 - 10:15 YOGA for Seniors 10:30 - 11:30 <i>Summer Kids Active</i> <i>Series 12:30 - 1:30</i> Intro to Reiki 6 - 7:30	27. ZUMBA 9 - 10	28. Yoga 10:30 - 11:30
29. STRONG by ZUMBA 9:30 - 10:30 Family Fun Night 5 - 6:30	30.	31. Ballroom Dance 7:30 - 8:30 BSC	Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA Sponsored by Blaine-Birch Bay Park and Recreation District			