

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

December Fitness Fun for the Whole Family!




Coming in December

- **HOLIDAY LIGHTS DASH** Saturday, Dec 1, 3:00 pm. H Street Plaza, Blaine. Registration opens at 2:30 pm.
- **Photos with Santa** - Friday, December 21, 5:30—7:00 pm. Birch Bay Activity Center. FREE. Join us at 7 pm for a free showing of The Muppet Christmas Carol, a classic from 1992.

NEW! We now accept SilverSneakers and Silver&Fit insurances for many of our classes or activities!

1. Barre 8:00 - 8:45 am
ZUMBA 9:00 am w/ Jenny
PICKLEBALL
10:00 - 12:30
*NO Open Gym, Join Us
for the Holiday Lights
Dash in Blaine!*

<p>2. 9—12 Water's Edge Church Badminton 3 - 6:00 Pickleball 6 - 9 pm 3.5+</p>	<p>3. Get Fit 8 - 8:45 Zumba Gold w/ Jenny 9:00 -10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7 - 9</p>	<p>4. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 BARRE with Jenny 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>5. Let's Get Fit 8 - 8:45 Pilates 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 BEGINNER PICKLEBALL 7:00 - 9:00</p>	<p>6. Restorative Stretch 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 Kids Gymnastics 4 - 5 pm Yoga 6:30 - 7:30</p>	<p>7. 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 MOVIE NIGHT 6:00 pm Mission Impossible Fallout PG13</p>	<p>8. Barre 8:00 - 8:45 am ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 2:00 Open Gym 2:00 - 4:00</p>
<p>9. 9—12 Water's Edge Church Badminton 3 - 6 pm Pickleball 6 - 9 pm 3.5+</p>	<p>10. Get Fit 8 - 8:45 Zumba Gold 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Open Gym Basketball 7 - 9</p>	<p>11. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 BARRE with Jenny 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>12. Let's Get Fit 8 - 8:45 Pilates Mix 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 BEGINNER PICKLEBALL 7:00 - 9:00</p>	<p>13. Restorative Stretch 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 Kids Gymnastics 4 - 5 pm Yoga 6:30 - 7:30</p>	<p>14. 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 MOVIE NIGHT 6:00 pm Home Alone PG</p>	<p>15. Barre 8:00 - 8:45 am ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 2:00 Open Gym 2:00 - 4:00</p>
<p>16. 9—12 Water's Edge Church Badminton 3 - 6 pm Pickleball 6 - 9 pm 3.5+</p>	<p>17. Get Fit 8 - 8:45 Zumba Gold 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 Open Gym Basketball 7 - 9</p>	<p>18. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4—4:45 BARRE with Jenny 5:30 - 6:15 ZUMBA 6:30 - 7:30</p>	<p>19. Let's Get Fit 8 - 8:45 Pilates Mix 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30 POUNDFIT 6 - 6:45 BEGINNER PICKLEBALL 7:00 - 9:00</p>	<p>20. Restorative Stretch 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 Yoga 6:30 - 7:30</p>	<p>21. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:00 MOVIE NIGHT 7:00 pm The Muppet Christmas Carol G</p>	<p>22. Barre 8:00 - 8:45 am ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 2:00 Open Gym 2:00 - 4:00</p>
<p>23. / 30. 9—1 Water's Edge Church Badminton 3 - 6 pm Pickleball 6 - 9 pm 3.5+</p>	<p>24. / 31. Get Fit 8 - 8:45 Zumba Gold 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30 NO POUNDFIT 6 - 6:45 NO Open Gym Basketball</p>	<p>25. CHRISTMAS DAY Activity Center Closed </p>	<p>26. NO Let's Get Fit NO Pilates Mix PICKLEBALL 10:00 - 1:30 Afterschool Play 2:30 - 5:30 POUNDFIT 6 - 6:45 BEGINNER PICKLEBALL 7:00 - 9:00</p>	<p>27. Restorative Stretch 8:15 - 9:15 BARRE 9:30 - 10:15 POUNDFIT 10:30 - 11:15 TODDLER TIME 11:15 - 2:15 PICKLEBALL 12:30 - 3:30 Yoga 6:30 - 7:30</p>	<p>28. Get Fit 8 - 8:45 Step Fitness with Jo-Anne 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30 MOVIE NIGHT 6:00 pm <i>Double Feature Night</i> Emperor's New Groove G Kronk's New Groove G</p>	<p>29. Barre 8:00 - 8:45 am ZUMBA 9 - 10 w/ Jenny PICKLEBALL 10:00 - 2:00 Open Gym 2:00 - 4:00</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA</p> <p align="center">Sponsored by Blaine-Birch Bay Park and Recreation District</p>					<p><i>Strength Class \$3 or combine it with Zumba for just \$2 more!</i></p>	<p>1. Yoga 10:30 - 11:30</p>
<p>2.</p>	<p>3. 8:30 - 9:00 Strength Class with Jo-Anne Basic Step Fitness 9:00 - 10:00</p>	<p>4. BALLROOM DANCE (BSC) 7:30 - 8:30</p>	<p>5. 8:30 - 9:00 Strength Class with Christina ZUMBA Circuit 9 - 10</p>	<p>6. YOGA for Seniors 10:30 - 11:30</p>	<p>7. 8:30 - 9:00 Strength Class with Christina ZUMBA 9 - 10A</p>	<p>8. Yoga 10:30 - 11:30</p>
<p>9.</p>	<p>10. 8:30 - 9:00 Strength Class with Jo-Anne Basic Step Fitness 9:00 - 10:00</p>	<p>11. BALLROOM DANCE (BSC) 7:30 - 8:30</p>	<p>12. 8:30 - 9:00 Strength Class with Christina ZUMBA Circuit 9 - 10</p>	<p>13. YOGA for Seniors 10:30 - 11:30</p>	<p>14. 8:30 - 9:00 Strength Class with Christina ZUMBA 9 - 10A</p>	<p>15. Yoga 10:30 - 11:30</p>
<p>16.</p>	<p>17. 8:30 - 9:00 Strength Class with Jo-Anne Basic Step Fitness 9:00 - 10:00</p>	<p>18. BALLROOM DANCE (BSC) 7:30 - 8:30</p>	<p>19. 8:30 - 9:00 Strength Class with Christina ZUMBA Circuit 9 - 10</p>	<p>20. YOGA for Seniors 10:30 - 11:30</p>	<p>21. 8:30 - 9:00 Strength Class with Christina ZUMBA 9 - 10A</p>	<p>22. Yoga 10:30 - 11:30</p>
<p>23. 30.</p>	<p>24. 8:30 - 9:00 Strength Class with Jo-Anne Basic Step Fitness 9:00 - 10:00</p>	<p>25. CHRISTMAS DAY Closed </p>	<p>26. NO Strength Class with Christina NO ZUMBA Circuit</p>	<p>27. YOGA for Seniors 10:30 - 11:30</p>	<p>28. NO Strength Class with Christina NO ZUMBA</p>	<p>29. Yoga 10:30 - 11:30</p>