

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**



# November Fitness Fun for the Whole Family!



**Coming in November! Silver Sneaker Approved Classes.** More to be added soon!

- **Mondays, 8:30am, Blaine Pavilion.** Basic Strength Fitness with Jo-Anne Banks - Basic class that uses weights, resistance tools and ones own body to build strength and endurance of muscles. Class will increase bone density, metabolism, improve joint function and provide benefits for improved activities of daily living.

1. 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

2. 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  
The Tale of Despereaux G

3. Barre 8:00 - 8:45 am  
ZUMBA 9 - 10 w/ Jenny  
PICKLEBALL  
10:00 - 2:00

Open Gym 2:00 - 4:00

4. 9—12  
Water's Edge  
Church  
  
Badminton  
3 - 6:00  
Pickleball  
6 - 9 pm  
3.5+

5. 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

6. BARRE 8:45 - 9:30  
YOGA 9:45 - 10:45  
PICKLEBALL 11:00 - 2:00  
  
Qigong & Meditation  
4:00 - 4:45  
  
BARRE 5:30 - 6:15  
ZUMBA 6:30 - 7:30

7. Get Fit 8 - 8:45  
Pilates 9 - 9:45  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
2:30 - 5:30  
POUNDFit 6 - 6:45  
  
Pickleball - Beginner Only

8. 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

9. 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  
Incredibles 2 PG

10. Barre 8:00 - 8:45 am  
ZUMBA 9 - 10 w/ Jenny  
PICKLEBALL  
10:00 - 2:00

Open Gym 2:00 - 4:00

11. 9—12  
Water's Edge  
Church  
  
Badminton  
3 - 6:00  
Pickleball  
6 - 9 pm  
3.5+

12. Get Fit 8 - 8:45  
Zumba Gold w/ Jenny  
9:00 -10:00  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
1:30 - 5:30  
NO POUNDFIT / HITT  
Class Sub 6 - 6:45  
Basketball Open Gym  
7 - 9

13. BARRE 8:45 - 9:30 w/ Jenny  
YOGA 9:45 - 10:45  
PICKLEBALL 11:00 - 2:00  
  
Qigong & Meditation  
4:00 - 4:45  
  
BARRE 5:30 - 6:15  
ZUMBA 6:30 - 7:30

14. Get Fit 8 - 8:45  
Pilates 9 - 9:45  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
2:30 - 5:30  
NO POUNDFIT / HITT Class  
Sub 6 - 6:45  
Pickleball - Beginner Only  
7:00 - 9:00 pm

15. Restorative Stretch  
8:15 - 9:15  
BARRE 9:30 - 10:15  
w/ Jenny  
NO POUNDFIT / HITT Class  
Sub 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

16. 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  
Christopher Robin PG

17. Barre 8:00 - 8:45 am  
ZUMBA 9 - 10 w/ Jenny  
PICKLEBALL  
10:00 - 2:00

Open Gym 2:00 - 4:00

18. 9—12  
Water's Edge  
Church  
  
Badminton  
3 - 6:00  
Pickleball  
6 - 9 pm  
3.5+

19. Get Fit 8 - 8:45  
Zumba Gold w/ Jenny  
9:00 -10:00  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
1:30 - 5:30  
POUNDFIT 6 - 6:45  
Basketball Open Gym  
7 - 9

20. BARRE 8:45 - 9:30  
YOGA 9:45 - 10:45  
PICKLEBALL 11:00 - 2:00  
  
Qigong & Meditation  
4:00 - 4:45  
  
BARRE 5:30 - 6:15  
ZUMBA 6:30 - 7:30

21. Get Fit 8 - 8:45  
Pilates 9 - 9:45  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
1:30 - 5:30  
POUNDFit 6 - 6:45  
  
NO Pickleball

22. THANKSGIVING  
ALL LOCATIONS CLOSED



23. 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  
Toy Story G

24. Barre 8:00 - 8:45 am  
ZUMBA 9 - 10 w/ Jenny  
PICKLEBALL  
10:00 - 2:00

Open Gym 2:00 - 4:00

25. 9—12  
Water's Edge  
Church  
  
Badminton  
3 - 6:00  
Pickleball  
6 - 9 pm  
3.5+

26. 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


27. BARRE 8:45 - 9:30  
YOGA 9:45 - 10:45  
PICKLEBALL 11:00 - 2:00  
  
Qigong & Meditation  
4:00 - 4:45  
  
BARRE 5:30 - 6:15  
ZUMBA 6:30 - 7:30

28. Get Fit 8 - 8:45  
PICKLEBALL 10:00 - 1:30  
Afterschool Play  
2:30 - 5:30  
POUNDFit 6 - 6:45  
  
Pickleball - Beginner Only  
7:00 - 9:00 pm

29. 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

30. Get Fit 8 - 8:45  
Step Fitness with Jo-Anne  
9-10  
PICKLEBALL 10:00 - 1:30  
Afterschool Play 2:30 - 5:30  
  
MOVIE NIGHT: 6:00 pm  
Harry Potter and the  
Sorcerer's Stone PG

**Kids Gymnastics Series**  
**Thursdays, Nov 8, 15, 29**  
**& Dec 6; 4 - 5 pm.**  
**\$10**  
**Ages 4 - 10**  
Using gymnastics skills,  
kids will climb, jump,  
roll and run!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Classes at the Blaine Pavilion - 635 8th Street, Blaine, WA</b>  <b>Coming in November! Silver Sneaker Approved Classes.</b>            More to be added soon!</p> <ul style="list-style-type: none"> <li><b>Mondays, 8:30am</b> Basic Strength Fitness with Jo-Anne Banks - Basic class that uses weights, resistance tools and ones own body to build strength and endurance of muscles. Class will increase bone density, metabolism, improve joint function and provide benefits for improved activities of daily living.</li> </ul>				<p>1.  <b>YOGA for Seniors</b>            10:30 - 11:30</p>	<p>2.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA</b>            9:00 - 10:00</p>	<p>3. <b>STRONG by Zumba</b> will return in January 2019.</p> <p><b>Gentle Yoga</b>            10:30 - 11:30</p>
<p>4.</p>	<p>5.  <b>NEW CLASS</b>            8:30 - 9:00 <b>Strength Class with Jo-Anne</b></p> <p><b>Basic Step Fitness</b>            9:00 - 10:00</p>	<p>6.  <b>NO BALLROOM DANCE (BSC)</b></p>	<p>7.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA Circuit</b>            9:00 - 10:00</p>	<p>8.  <b>YOGA for Seniors</b>            10:30 - 11:30</p>	<p>9.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA</b>            9:00 - 10:00</p>	<p>10. <b>STRONG by Zumba</b> will return in January 2019.</p> <p><b>Gentle Yoga</b>            10:30 - 11:30</p>
<p>11.</p>	<p>12.  <b>NEW CLASS</b>            8:30 - 9:00 <b>Strength Class with Jo-Anne</b></p> <p><b>Basic Step Fitness</b>            9:00 - 10:00</p>	<p>13.  <b>NO BALLROOM DANCE (BSC)</b></p>	<p>14.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA Circuit</b>            9:00 - 10:00</p>	<p>15.  <b>YOGA for Seniors</b>            10:30 - 11:30</p>	<p>16.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA</b>            9:00 - 10:00</p>	<p>17. <b>STRONG by Zumba</b> will return in January 2019.</p> <p><b>Gentle Yoga</b>            10:30 - 11:30</p>
<p>18.</p>	<p>19.  <b>NEW CLASS</b>            8:30 - 9:00 <b>Strength Class with Jo-Anne</b></p> <p><b>Basic Step Fitness</b>            9:00 - 10:00</p>	<p>20.  <b>NO BALLROOM DANCE (BSC)</b></p>	<p>21.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA Circuit</b>            9:00 - 10:00</p>	<p>22. <b>THANKSGIVING</b>            ALL LOCATIONS CLOSED</p> 	<p>23.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA</b>            9:00 - 10:00</p>	<p>24. <b>STRONG by Zumba</b> will return in January 2019.</p> <p><b>Gentle Yoga</b>            10:30 - 11:30</p>
<p>25.</p>	<p>26.  <b>NEW CLASS</b>            8:30 - 9:00 <b>Strength Class with Jo-Anne</b></p> <p><b>Basic Step Fitness</b>            9:00 - 10:00</p>	<p>27.  <b>BALLROOM DANCE (BSC)</b>            7:30 - 8:30</p>	<p>28.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA Circuit</b>            9:00 - 10:00</p>	<p>29.  <b>YOGA for Seniors</b>            10:30 - 11:30</p>	<p>30.            8:30 - 9:00  <b>Strength Class with Christina</b></p> <p><b>ZUMBA</b>            9:00 - 10:00</p>	<p>31. <b>STRONG by Zumba</b> will return in January 2019.</p> <p><b>Gentle Yoga</b>            10:30 - 11:30</p>