






Sun	Mon	Tue	Wed	Thu	Fri	Sat
September Fitness Fun for the Whole Family! for Children & Adults!						
1. <i>Badminton</i> 3 - 6:00	2. Gym Closed LABOR DAY 	3. BARRE 8:45 - 9:30 Yoga 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30	4. Let's Get Fit 8 - 8:45 Core Strength 8:45 - 9:15 PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15- 5:30 POUNDFit 6 - 6:45	5. 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	6. Get Fit 8—8:45 Step 9:00 - 10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 Open Gym 5:30—7:00 Movie Night: 8:00pm Men In Black International PG-13	7. <i>Zumba</i> 9:00 -10:00 PICKLEBALL 10:00 - 2:00 pm Open Gym 2:00 - 4:00
8. <i>Badminton</i> 3 - 6:00	9. Get Fit 8 - 8:45 <i>Zumba</i> 9:00 -10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00	10. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30	11. Let's Get Fit 8 - 8:45 Core Strength 8:45 - 9:15 PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15 - 5:30 POUNDFit 6 - 6:45	12. 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	13. Get Fit 8—8:45 Step 9:00 - 10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 Open Gym 5:30—7:00 <i>Movie Night: 7:45pm</i> <i>Aladdin (2019) PG</i>	14.  2019 INAUGURAL PALOZA PICKLEBALL FOR ALL FESTIVAL BIRCH BAY ACTIVITY CENTER
15. <i>Badminton</i> 3 - 6:00	16. Get Fit 8 - 8:45 <i>Zumba</i> 9:00 -10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00	17. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30	18. Let's Get Fit 8 - 8:45 Core Strength 8:45 - 9:15 PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15- 5:30 POUNDFit 6 - 6:45	19. 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	20. Get Fit 8—8:45 Step 9:00 - 10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 Open Gym 5:30 - 6:30 <i>Movie Night: 7:30pm</i> <i>Back To The Future PG</i>	21. <i>Zumba</i> 9:00 -10:00 PICKLEBALL 10:00 - 2:00pm Open Gym 2:00 - 4:00
22. <i>Badminton</i> 3 - 6:00	23. Get Fit 8 - 8:45 <i>Zumba</i> 9:00 - 10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00	24. BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00 Qigong & Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30	25. Let's Get Fit 8 - 8:45 Core Strength 8:45 - 9:15 PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15 - 5:30 POUNDFit 6 - 6:45	26. 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	27. Get Fit 8—8:45 Step 9:00 - 10:00 PICKLEBALL 10:00 – 1:30 Afterschool Play 3:15 - 5:30 Open Gym 5:30 - 6:30 <i>Movie Night: 7:15pm</i> <i>Back To The Future II PG</i>	28. <i>Zumba</i> 9:00 - 10:00 PICKLEBALL 10:00 - 2:00 pm Open Gym 2:00 - 4:00
29. <i>Badminton</i> 3 - 6:00	30. Get Fit 8 - 8:45 <i>Zumba</i> 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00					Follow us on Facebook and Instagram!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1.	2.	3. BALLROOM DANCE (BSC) 7:30 - 8:30	4. ZUMBA Circuit 9:00 - 10:00	5. <i>YOGA for Seniors</i> 10:30 - 11:30	6. ZUMBA 9:00 - 10:00	7. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30	
8.	9.	10. BALLROOM DANCE (BSC) 7:30 - 8:30	11. ZUMBA Circuit 9:00 - 10:00	12. <i>YOGA for Seniors</i> 10:30 - 11:30	13. ZUMBA 9:00 - 10:00	14. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30	
15.	16.	17. BALLROOM DANCE (BSC) 7:30 - 8:30	18. ZUMBA Circuit 9:00 - 10:00	19. <i>YOGA for Seniors</i> 10:30 - 11:30	20. ZUMBA 9:00 - 10:00	21. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30	
22.	23.	24. BALLROOM DANCE (BSC) 7:30 - 8:30	25. ZUMBA Circuit 9:00 - 10:00	26. <i>YOGA for Seniors</i> 10:30 - 11:30	27. ZUMBA 9:00 - 10:00	28. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30	
29.	30.		  	<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>			