

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**



# January Fitness Fun for the Whole Family!

## for Children & Adults!



**NEW! BBBPRD2 APP for your smartphone! Look for us on the Apple Store or Google Play Store! Search for BBBPRD2 Stay Informed of the latest news!**



<p><b>1. Zumba 9:00 - 10:00</b></p> <p>PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30 POUNDFit 6 - 6:45</p>	<p><b>2. Restorative Stretch 8:15 - 9:15</b></p> <p>BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 TODDLER TIME 11:15 - 12:15 Summit Field Trip 1pm PICKLEBALL 12:30 - 3:30 Yoga 6:30 - 7:30</p>	<p><b>3. Get Fit 8—8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30 Afterschool Play 1:30 - 5:30</p> <p>Movie Night: 6pm: 90's Action Double Feature Teenage Mutant Ninja Turtles PG &amp; Batman Forever PG-13</p>	<p><b>4. Zumba 9:00 -10:00</b></p> <p>PICKLEBALL 10:00 - 2:00 pm</p> <p>Open Gym 2:00 - 4:00</p>			
<p><b>5. Badminton 3 - 6:00</b></p> <p><b>Pickleball 6 - 9</b></p>	<p><b>6. Get Fit 8 - 8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00</p>	<p><b>7. Express Pilates 8 - 8:30</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00</p> <p>Qigong &amp; Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30 PICKLEBALL 7:30-9:30</p>	<p><b>8. Get Fit 8 - 8:45</b> Core Stretch 8:45 - 9:15</p> <p>PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15- 5:30 POUNDFit 6 - 6:45 BEGINNER PICKLEBALL Clinic 7:00 - 8:00 Beginner Play 8:00 - 9:00</p>	<p><b>9. Restorative Stretch 8:15 - 9:15</b></p> <p>BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15</p> <p>TODDLER TIME 11:15 - 12:15</p> <p>PICKLEBALL 12:30 - 3:30 Yoga 6:30 - 7:30</p>	<p><b>10. Get Fit 8—8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:30 - 5:30</p> <p>Movie Night 6pm: 80's Double Feature Night Big PG &amp; Footloose PG</p>	<p><b>11. Zumba 9:00 -10:00</b></p> <p>PICKLEBALL 10:00 - 2:00 pm</p> <p>Open Gym 2:00 - 4:00</p>
<p><b>12. Badminton 3 - 6:00</b></p> <p><b>Pickleball 6 - 9</b></p>	<p><b>13. Get Fit 8 - 8:45</b> Zumba 9:00 -10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00</p>	<p><b>14. Express Pilates 8 - 8:30</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00</p> <p>Qigong &amp; Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30 PICKLEBALL 7:30-9:30</p>	<p><b>15. Get Fit 8 - 8:45</b> Core Stretch 8:45 - 9:15</p> <p>PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15 - 5:30 POUNDFit 6 - 6:45 BEGINNER PICKLEBALL Clinic 7:00 - 8:00 Beginner Play 8:00 - 9:00</p>	<p><b>16. Restorative Stretch 8:15 - 9:15</b></p> <p>BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15 Birch Bay Chamber Lunch 11:30</p> <p>No TODDLER TIME PICKLEBALL 1:00 - 3:30 Yoga 6:30 - 7:30</p>	<p><b>17. Get Fit 8—8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30</p> <p>Movie Night 6pm: Sleeping Beauty (1959) G &amp; Maleficent Mistress of Evil PG</p>	<p><b>18. Zumba 9:00 -10:00</b></p> <p>PICKLEBALL 10:00 - 2:00 pm</p> <p>Open Gym 2:00 - 4:00</p>
<p><b>19. Badminton 3 - 6:00</b></p> <p><b>Pickleball 6 - 9</b></p>	<p><b>20. Get Fit 8 - 8:45</b> Zumba 9:00 -10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00</p>	<p><b>21. Express Pilates 8 - 8:30</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00</p> <p>Qigong &amp; Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30 PICKLEBALL 7:30-9:30</p>	<p><b>22. Get Fit 8 - 8:45</b> Core Stretch 8:45 - 9:15</p> <p>PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15- 5:30 POUNDFit 6 - 6:45 BEGINNER PICKLEBALL Clinic 7:00 - 8:00 Beginner Play 8:00 - 9:00</p>	<p><b>23. Restorative Stretch 8:15 - 9:15</b></p> <p>BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15</p> <p>TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Yoga 6:30 - 7:30</p>	<p><b>24. Get Fit 8—8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30</p> <p>Movie Night 6pm: The Addams Family (2019) &amp; Coco PG</p>	<p><b>25. Zumba 9:00 -10:00</b></p> <p>PICKLEBALL 10:00 - 2:00 pm</p> <p>Open Gym 2:00 - 4:00</p>
<p><b>26. Badminton 3 - 6:00</b></p> <p><b>Pickleball 6 - 9</b></p>	<p><b>27. Get Fit 8 - 8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30 POUNDFIT 6 - 6:45 Basketball Open Gym 7:00 - 9:00</p>	<p><b>28. Express Pilates 8 - 8:30</b> BARRE 8:45 - 9:30 YOGA 9:45 - 10:45 PICKLEBALL 11:00 - 2:00</p> <p>Qigong &amp; Meditation 4:00 - 4:45 H.I.I.T. 5:30 - 6:15 ZUMBA 6:30 - 7:30 PICKLEBALL 7:30-9:30</p>	<p><b>29. Get Fit 8 - 8:45</b> Core Stretch 8:45 - 9:15</p> <p>PICKLEBALL 10:00 - 1:30 Afterschool Play 3:15 - 5:30 POUNDFit 6 - 6:45 BEGINNER PICKLEBALL Clinic 7:00 - 8:00 Beginner Play 8:00 - 9:00</p>	<p><b>30. Restorative Stretch 8:15 - 9:15</b></p> <p>BARRE 9:30 - 10:15 POUNDFit 10:30 - 11:15</p> <p>TODDLER TIME 11:15 - 12:15 PICKLEBALL 12:30 - 3:30 Yoga 6:30 - 7:30</p>	<p><b>31. Get Fit 8—8:45</b> Zumba 9:00 - 10:00 PICKLEBALL 10:00 - 1:30</p> <p>Afterschool Play 3:15 - 5:30</p> <p>Movie Night 6pm: The Good Dinosaur PG and Inside Out PG</p>	<p style="text-align: center;"><b>Follow us on Facebook and Instagram!</b></p>

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
			1.	2. <i>YOGA for Seniors 10:30 - 11:30</i>	3.	4. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30
5.	6.	7. <b>BALLROOM DANCE (BSC) 7:30 - 8:30</b>	8. <i>ZUMBA Circuit 9:00 - 10:00</i>	9. <i>YOGA for Seniors 10:30 - 11:30</i>	10.	11. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30
12.	13.	14. <b>BALLROOM DANCE (BSC) 7:30 - 8:30</b>	15. <i>ZUMBA Circuit 9:00 - 10:00</i>	16. <i>YOGA for Seniors 10:30 - 11:30</i>	17.	18. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30
19.	20.	21. <b>BALLROOM DANCE (BSC) 7:30 - 8:30</b>	22. <i>ZUMBA Circuit 9:00 - 10:00</i>	23. <i>YOGA for Seniors 10:30 - 11:30</i>	24.	25. Tai Chi 8:15—10:15 Yoga 10:30 - 11:30
26.	27.	28. <b>BALLROOM DANCE (BSC) 7:30 - 8:30</b>	29.	30.	31.	