



Birch Bay Activity Center 2020 Activity and Reservation Schedule

** SEE ADDITIONAL INFORMATION ON THE BACK **

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Get Fit w/ Josie 8-8:45	Pilates w/ Heather 8:05 - 8:35	Get Fit w/ Josie 8-8:45	Restorative Stretch w/ Heather 8:15-9:15	Get Fit w/ Josie 8-8:45	
9:00am	Rental 9-12	Zumba w/ Christina 9-10	Total BARRE w/ Angela 8:45-9:30	Core Stretch w/ Heather 8:45 - 9:15	Total BARRE w/ Angela 9:30-10:15	ZUMBA w/ Celine 9-10	ZUMBA w/ Joanna 9-10
10:00am		Pickleball 10-11:30 <i>(Novice)</i>	Gentle Yoga w/ Maureen 9:45-10:45	Pickleball 10-11:30 <i>(Novice)</i>	POUNDFit w/ Angela 10:30-11:15	Pickleball 10-11:30 <i>(Novice)</i>	Pickleball 10-2 <i>(Advanced/ Intermediate)</i>
11:00am							
12:00pm		11:30-1:30 <i>(Intermediate)</i>	Pickleball 11-2 <i>(Intermediate)</i>	11:30-1:30 <i>(Intermediate)</i>	Pickleball 12:30-3:30 <i>(Advanced)</i>	11:30-1:30 <i>(Intermediate)</i>	
1:00pm							
2:00pm						Open Gym 2-4	
3:00pm	Badminton 3-6	After School Kids Play 3:30-5:30	Qigong & Meditation w/ Maureen 4-4:45	After School Kids Play 3:30-5:30		After School Kids Play 3:30-5:30	
4:00pm			HIIT w/ Angela 5:30 - 6:15 pm				
5:00pm							
6:00pm	Pickleball 6-9 <i>(Advanced/ Intermediate)</i>	POUNDFit w/ Angela 6-6:45	ZUMBA w/ Christina 6:30 - 7:30	POUNDFit w/ Angela 6-6:45	Gentle Yoga w/ Maureen 6:30 - 7:30	MOVIE NIGHT Starts at Sunset	
7:00pm		Basketball 7-9	Pickleball 7:30 - 9:30 <i>(Advanced/ Intermediate)</i>	Beginner Pickleball Clinics 7:00 - 8:00 Beginner Play 8 - 9:30			
8:00pm							
9:00pm							

Let's Get Fit - \$3 Class In this fun, all levels, HIIT atmosphere you can build strength and endurance using hand weights, bands, and steps.

Core Stretch - \$2 Add on class for the Wednesday Let's Get Fit class which focuses on core stability and stretch..

Barre - \$5 Sculpt lean and toned muscles with this energizing and dynamic group class. Barre efficiently blends Pilates with dance, cardio and strength-training specifically challenging arms, legs and core to strengthen and lengthen the body.

POUND - \$5 Using Ripstix(™) - weighted drumsticks engineered for exercise - POUND transforms drumming into an effective full-body workout.

ZUMBA - \$3 A total workout, combining all the elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Gentle Yoga - \$5 Spend an hour flowing in various Yoga poses that bring balance to that field, breath work than enhances the process and ending in a short meditation.

Qigong & Meditation - \$5 This class combines the ancient practice of Qigong along with time spent in meditation. This offers the student the opportunity to come first into gentle body movement with a sense of presence followed by time spent in reflection.

Restorative Stretch - \$3 Restorative Stretch includes a series of movements and stretches that help encourage body healing and recovery, and helps create a greater range of motion.

Express Pilates- \$2 Mat exercises focusing on core and spine strength and flexibility.

HIIT - \$5 High-intensity interval training is 100% intensity with intense burn fused with fun.

BALLROOM DANCE - \$50 for a 4 week class - Learn the different styles of ballroom dance with professional instructors. The Waltz, Rumba, Country 2-Step, and more! Each month features a different dance style

Pickleball - \$3 - Pickle-ball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

Payment Options:

Drop in prices indicated above. Most classes are \$3 or \$5 unless otherwise indicated.

\$15 Punchcards. Buy 5 of our \$3 classes, get one FREE

\$25 Punchcards. Buy 5 our our \$5 classes, get one FREE

Monthly Passes:

\$30 per month for unlimited \$3 classes

\$40 per month for unlimited \$5 classes

\$50 per month for unlimited \$2, \$3 and \$5 classes.

NOTE: Ballroom Dance classes do not qualify for punchcards or monthly passes due to price structure.

To learn more, visit www.bbbparkandrec.org