



*Currently Approved Silver Sneakers FLEX Classes... More to Come Soon!!*

Birch Bay Activity Center - 7511 Gemini St

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am <b>Zumba</b> - w/Christina  6:00pm <b>Pound</b> - w/Angela	8:45 <b>Barre</b> - w/Angela	6:00pm <b>Pound</b> - w/Angela	9:30am <b>Barre</b> - w/Angela  10:30am <b>Pound</b> - w/Angela		

Blaine Pavilion - 635 8th St (corner of 8th and Hst)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00am <b>Zumba</b> - w/Christina		9:00am <b>Zumba</b> w/Christina	