



Birch Bay Activity Center
Summer 2021 Activity and Reservation Schedule
Indoor Gym Schedule Listed Below

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00am		Get Fit Josie 8:00 - 8:45	Get Fit Circuit Josie 8:00-9:00	Get Fit Josie 8:00 - 8:45	Get Fit Circuit Josie 8:00-9:00	Get Fit Josie 8:00 - 8:45		
9:00am		Zumba Christina 9:00 – 10:00	Gentle Yoga Maureen 9:30-10:30	Zumba Celine 9:00 – 10:00	Yoga Fusion Melissa 9:15 – 10:00	ZUMBA Melissa 9:00 – 10:00	ZUMBA Dory 9:00 – 10:00	
10:00am		Pickleball 10-11:30 <i>(Intermediate)</i>		Pickleball 10-11:30 <i>(Intermediate)</i>		Pickleball 10-11:30 <i>(Intermediate)</i>	Pickleball 10-12:30 <i>Open Play</i>	
11:00am			Pickleball 10:45 – 12:00 <i>Open Play</i>					Pickleball 10:15 – 12:00 <i>Open Play</i>
12:00pm								
1:00pm		11:30-1:00 <i>(Novice)</i>		11:30-1:00 <i>(Novice)</i>		11:30-1:00 <i>(Novice)</i>		
2:00pm								
3:00pm	Badminton 3 - 5 pm	After School Kids Play 1:00 – 3:00 Teen Basketball 3:30 – 5:30		After School Kids Play 1:00 – 3:00 Teen Basketball 3:30 – 5:30		Private Basketball Practice 5:30 – 7:30		
4:00pm			Qigong & Meditation Maureen 4-4:45					
5:00pm	Private Basketball Practice 5:30 – 7:30							
6:00pm		POUNDFit Angela 6-6:45	ZUMBA Melissa 6:00 – 7:00	POUNDFit Angela 6-6:45	ZUMBA Dory 6:00 - 7:00	MOVIE NIGHT Starts at Sunset		
7:00pm		Private Basketball 7:00 – 9:00 pm		Private Basketball 7:00 – 9:00 pm				
8:00pm								
9:00pm								

** SEE ADDITIONAL INFORMATION ON THE BACK **

FOR OUTDOOR PICKLEBALL SCHEDULE, REFER TO OUR PICKLEBALL PAGE

- Get Fit / Get Fit Circuit - \$3 Class In this fun, all levels, HIIT atmosphere you can build strength and endurance using hand weights, bands, and steps. Get Fit Circuit class consists of stations where

participants rotate around using different equipment such as hand weights, battle ropes, steps, TRX straps, bands, etc.

- **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.**
- **YOGA Fusion - \$3 This yoga-based class will help improve flexibility and balance, build strength and leave you feeling relaxed and calm. We will carry out a series of stretches, poses and moves to create a holistic workout that brings the body and mind into a state of harmony.**
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- **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 whiffle ball, but slightly smaller. The lower net and whiffle 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 \$3 classes, get one FREE**
- **\$25 Punchcards. Buy 5 of \$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.**

We accept Silver&Fit Fitness Insurance and AARP's Renew Active for most classes and pickleball. We accept SilverSneakers Fitness Insurance for a few select ZUMBA classes. Please check with staff for eligibility. SilverSneakers does not cover Pickleball at the Birch Bay Activity Center.