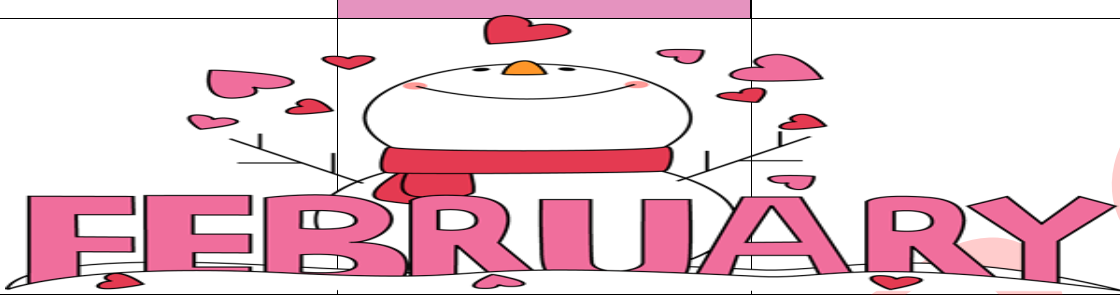




MIAMI BEACH

Flamingo Park Senior Program

Mon	Tue	Wed	Thu	Fri
Revised: 01/30/2020				
3 <i>Sign up for all Field Trips</i> <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>WATER AEROBICS</u> 12:00PM - 1:00 PM <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	4 <u>CHAIR YOGA</u> 9:30 AM — 10:30 AM 	5 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>CHAIR AEROBICS</u> 10:45 AM — 11:45 PM <u>WATER AEROBICS</u> 12:00PM — 1:00 PM	6 <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	7 <i>Last Day to Sign-up for Universoul Circus</i>
10 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>WATER AEROBICS</u> 12:00PM - 1:00 PM <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	11 <u>CHAIR YOGA</u> 9:30 AM — 10:30 AM	12 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>CHAIR AEROBICS</u> 10:45 AM — 11:45 PM <u>WATER AEROBICS</u> 12:00PM — 1:00 PM	13 <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	14 <i>Trip to Universoul Circus</i> <i>Happy Valentine's Day</i> <i>Last Day to Sign-up for Ilse Casino</i>
17 	18 <u>CHAIR YOGA</u> 9:30 AM — 10:30 AM	19 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>CHAIR AEROBICS</u> 10:45 AM — 11:45 PM <u>WATER AEROBICS</u> 12:00PM — 1:00 PM	20 <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	21
24 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>WATER AEROBICS</u> 12:00PM - 1:00 PM <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	25 <u>CHAIR YOGA</u> 9:30 AM — 10:30 AM	26 <u>DANCE FUSION</u> 9:30 AM — 10:30 AM <u>CHAIR AEROBICS</u> 10:45 AM — 11:45 PM <u>WATER AEROBICS</u> 12:00PM — 1:00 PM	27 <u>WATER AEROBICS</u> 7:00 PM - 8:00 PM	28 <i>Trip to Ilse Casino</i>

Classes, offered by Parks and Recreation

EVENTS & FIELD TRIPS

Trip 1 - Universoul Circus (\$10)

Friday, February 14, 2020

Bus leaves @ 9:00am

Returns @ 4:00pm

Sign-up starts February 3, 2020

Last Day to Sign Up: February 7, 2020

Trip 2- Ilse Casino

Friday, February 28, 2020

Bus leaves @ 9:00am

Returns @ 4:00pm

Sign-up starts February 3, 2020

Last Day to Sign Up: February 14, 2020

Kevin Cobas: KevinCobas@miamibeachfl.gov

Flamingo Park: (305)673-7779

*Schedules subject to change. Please call (305)673-7779
for most updated Information.*

- Water Aerobics** - Every Monday 12:00pm - 1:00pm, 7:00pm - 8:00pm
Every Wednesday 12:00pm - 1:00pm, Every Thursday 7:00pm - 8:00pm.
- Dance Fusion** - Every Monday & Wednesday 9:30am - 10:30am
- **Chair Yoga**—Every Tuesday 9:30am-10:30am
- Chair Aerobics** - Every Wednesday, 11:00am - 12:00pm
- Fitness Center (FREE to members)- SRYC & NSPYC**
Monday-Friday, 8:30am - 3:00pm
Saturday-Sunday 9:00am-3:00pm

Happy
Valentine's
Day

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service)