

HEALTH & WELLNESS INITIATIVES

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 • Tai Chi	2
3 • HIIT with ROYAFIT • NOBE Yoga	4 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	5 • NOBE Yoga • Tai Chi • Water Aerobics	6 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	7 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	8 • Tai Chi	9
10 • HIIT with ROYAFIT • NOBE Yoga	11 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	12 • NOBE Yoga • Tai Chi • Water Aerobics	13 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	14 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	15 • Tai Chi	16
17 • HIIT with ROYAFIT • NOBE Yoga	18 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	19 • NOBE Yoga • Tai Chi • Water Aerobics	20 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	21 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	22 • Tai Chi	23
24 • HIIT with ROYAFIT • NOBE Yoga	25 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	26 • NOBE Yoga • Tai Chi • Water Aerobics	27 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	28 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	29 • Tai Chi	30

Class Schedule

HIIT with ROYAFIT

Lummus Park—13 Street & Ocean Dr.
Sun., 10 AM
Free

Zumba

North Shore Park Youth Center—501 72 St.
Mon. Wed., Thu.: 6:30 PM—7:30 PM
\$7 res. / \$12 non-res.

NOBE Yoga (3 locations)

Collins Park Bass Museum of Art—2100 Collins Ave.
North Beach Bandshell—7275 Collins Ave.
Lummus Park—9—10 Street & Ocean Dr.
Mon. & Wed. 6 PM—7 PM (Collins Park)
Tue. & Thu.: 6 PM—7 PM (North Beach Bandshell)
Sun.: 10 AM—11 AM (Lummus Park)
Free

Tai Chi

UNIDAD—7251 Collins Ave.
Scott Rakow Youth Center—2700 Sheridan Ave.
Flamingo Park—999 11 Str.
Mon. & Wed.: 9:15 AM (UNIDAD)
Tue. & Thu.: 8:45 AM (SRYC)
Fri.: 9 AM (Flamingo)
Free

Water Aerobics

Flamingo Park Pool—999 11 St.
Normandy Isle Pool—7030 Trouville Esplanade
Mon. & Wed.: 12 PM—12:45 PM (Flam)
Tue. & Thu.: 12 PM—12:45 PM (NIP)
Free res. / \$15 non-res.