

HEALTH & WELLNESS INITIATIVES
May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 • Collins Garage Cardio & Calisthenics
8 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	9 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	10 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball	11 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	12 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	13 • Tai Chi • Indoor Pickleball/ Basketball	14 • Collins Garage Cardio & Calisthenics
15 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	16 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	17 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball	18 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	19 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	20 • Tai Chi • Indoor Pickleball/ Basketball	21 • Collins Garage Cardio & Calisthenics
22 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	23 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	24 • NOBE Yoga • Tai Chi • Water Aerobics	25 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	26 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	27 • Tai Chi • Indoor Pickleball/ Basketball	28 • Collins Garage Cardio & Calisthenics
29 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	30 Memorial Day Observed • NOBE Yoga • Water Aerobics	31 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball				

Class Schedule

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

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) - Free
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)

Tai Chi—Free
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)

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.

Indoor Pickleball—Free
Scott Rakow Youth Center—2700 Sheridan Ave.
Mondays, Wednesdays & Fridays: 10 AM – 1 PM
Fridays: 6:15 PM – 8 PM
Sundays: 3 PM – 5 PM
North Shore Park Youth Center—501 72 St.
Mondays, Tuesdays & Thursdays: 10 AM – 1 PM
Mondays: 6:15 PM – 8 PM

Collins Garage Cardio & Calisthenics—Free
(G12) 340 23 Street City Center
Sat., 9 AM

For more information please visit
miamibeachparks.com or call
305.673.7730