

HEALTH & WELLNESS INITIATIVES

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 • Indoor Pickleball/ Basketball	2 • Collins Garage Cardio & Calis- thenics
3 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	4 CENTERS CLOSED IN OBSERVANCE OF 4TH OF JULY NOBE Yoga	5 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball	6 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	7 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	8 • Indoor Pickleball/ Basketball	9 • Collins Garage Cardio & Calis- thenics
10 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	11 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	12 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball	13 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	14 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	15 • Indoor Pickleball/ Basketball	16 • Collins Garage Cardio & Calis- thenics
17 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	18 Juneteenth Observed • NOBE Yoga • 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 • Indoor Pickleball/ Basketball	23 • Collins Garage Cardio & Calis- thenics
24 31 • HIIT with ROYAFIT • NOBE Yoga • Indoor Pickleball	25 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics • Indoor Pickleball	26 • NOBE Yoga • Tai Chi • Water Aerobics • Indoor Pickleball	27 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	28 • NOBE Yoga • Zumba • Tai Chi • Water Aerobics	29 • Indoor Pickle- ball/Basketball	30 • Collins Garage Cardio & Calis- thenics

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.: 9:00 AM (Collins Garage)

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: 6:15 PM – 8 PM
Sundays: 3 PM – 5 PM
North Shore Park Youth Center—501 72 St.
Mondays, Tuesdays & Thursdays: 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