

**HEALTH & WELLNESS INITIATIVES**  
**AUGUST 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• Indoor Pickleball/ Basketball</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Collins Garage Cardio &amp; Calisthenics</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>• HIIT with ROYAFIT                             <ul style="list-style-type: none"> <li>• NOBE Yoga</li> </ul> </li> <li>• Indoor Pickleball</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Indoor Pickleball/ Basketball</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Collins Garage Cardio &amp; Calisthenics</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>• HIIT with ROYAFIT                             <ul style="list-style-type: none"> <li>• NOBE Yoga</li> </ul> </li> <li>• Indoor Pickleball</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Indoor Pickleball/ Basketball</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• Collins Garage Cardio &amp; Calisthenics</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>• HIIT with ROYAFIT                             <ul style="list-style-type: none"> <li>• NOBE Yoga</li> </ul> </li> <li>• Indoor Pickleball</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Indoor Pickleball/ Basketball</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Collins Garage Cardio &amp; Calisthenics</li> </ul>
<b>28</b> <ul style="list-style-type: none"> <li>• HIIT with ROYAFIT                             <ul style="list-style-type: none"> <li>• NOBE Yoga</li> </ul> </li> <li>• Indoor Pickleball</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> <li>• Indoor Pickleball</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• NOBE Yoga                             <ul style="list-style-type: none"> <li>• Zumba</li> <li>• Tai Chi</li> </ul> </li> <li>• Water Aerobics</li> </ul>			

**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**