

Mon	Tue	Wed	Thu	Fri
		<p>1 <b>*Registration Begins*</b></p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>2</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>3</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am-11:15am</p>
<p>6</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>7</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>8</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>9</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>12</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am-11:15am</p>
<p>13</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>14</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>15 <b>*Registration ends for Jungle Queen*</b></p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>16</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>19</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am-11:15am</p>
<p>20</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>21</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>22</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>23 <b>*Trip to Jungle Queen*</b></p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p>26</p> <p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am-11:15am</p>
<p>27</p> 	<p>28</p> <p><u>Dance Fusion</u> 9:00am - 10:00am</p>	<p>29</p> <p><u>Water Aerobics</u> 12:00pm - 12:45pm</p>	<p>30</p> <p><u>Chair Aerobics</u> 9:00am - 10:00am</p>	<p><u>Tai-Chi</u> 9:00am - 10:00am <u>Chair Yoga</u> 10:15am-11:15am</p>

**General Information and classes :**

- ◆ Monday: Water Aerobics - 12:00pm - 12:45pm
- ◆ Tuesday: Dance Fusion - 9:00am - 10:00am
- ◆ Wednesday: Water Aerobics - 12:00pm - 12:45pm
- ◆ Thursday: Chair Aerobics - 9:00am - 10:00am
- ◆ Friday: Tai Chi - 9:00am - 10:00am
- ◆ Friday: Chair Yoga- 10:15am-11:15am

For more information or questions please contact:

Xavier Guerrero: [xavierguerrero@miamibeachfl.gov](mailto:xavierguerrero@miamibeachfl.gov)

Flamingo Park: (305)673-7779

999 11th street Miami Beach, FL 33139

***Schedules subject to change.***

*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)*

**>Field Trip – Jungle Queen Dinner Cruise (\$25.00)<**

**Cash Only/ No Refunds**

**May 23, 2024**

**Bus leaves at 3:30pm**

**Bus returns at 11:00 pm**

**\*Registration begins May 1, 2024, Registration ends May 15, 2024\***

**Space is limited. (Max: 40 participants)**

**RSVP in Person at Flamingo Park**

**> EVENT - Floral Workshop ( FREE ) <**

**Unidad Senior Center**

**May 16, 2024 2:00pm -3:00pm**

MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting [register.miamibeachparks.com](http://register.miamibeachparks.com)