

AUGUST

MIAMI BEACH

Carl Fisher Clubhouse/Flamingo Park



Mon	Tue	Wed	Thu	Fri
	Revised 7/23/24		1 Carl Fisher Clubhouse <u>Tai-Chi</u> 9:00am-10:00am	2 Carl Fisher Clubhouse <u>Yoga</u> 9:00am- 10:00am
5 Carl Fisher Clubhouse <u>Dance Fusion</u> 8:30am- 9:30am	6 Carl Fisher Clubhouse <u>Tai-Chi</u> 9:00am-10:00am	7 Carl Fisher Clubhouse <u>Dance Fusion</u> 8:30am- 9:30am	8 Carl Fisher Clubhouse <u>Tai-Chi</u> 9:00am- 10:00am	9 Carl Fisher Clubhouse <u>Yoga</u> 9:00am- 10:00am
12 Carl Fisher Clubhouse <u>Dance Fusion</u> 8:30am- 9:30am	13 Carl Fisher Clubhouse <u>Tai-Chi</u> 9:00am-10:00am	14 Carl Fisher Clubhouse <u>Dance Fusion</u> 8:30am- 9:30am	15 Carl Fisher Clubhouse <u>Tai-Chi</u> 9:00am-10:00am	16 Last day @ Carl Fisher Clubhouse <u>Yoga</u> 9:00am- 10:00am
19 Back at Flamingo Park <u>Water Aerobics</u> 12:00pm-12:45pm	20 Back at Flamingo Park <u>Dance Fusion</u> 9:00am- 10:00am	21 Back at Flamingo Park <u>Water Aerobics</u> 12:00pm-12:45pm	22 Back at Flamingo Park <u>Chair Aerobics</u> 9:00am-10:00am	23 Back at Flamingo Park <u>Tai-Chi</u> 9:00am-10:00am <u>Chair Yoga</u> 10:15am- 11:15am
26 Back at Flamingo Park <u>Water Aerobics</u> 12:00pm-12:45pm	27 Back at Flamingo Park <u>Dance Fusion</u> 9:00am- 10:00am	28 Back at Flamingo Park <u>Water Aerobics</u> 12:00pm-12:45pm	29 Back at Flamingo Park <u>Chair Aerobics</u> 9:00am-10:00am	30 Back at Flamingo Park <u>Tai-Chi</u> 9:00am-10:00am <u>Chair Yoga</u> 10:15am- 11:15am

General Information and classes :

Classes Return to Flamingo Park on August 19,2024

- ◆ 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: Chair Yoga- 10:15- 11:15am
 - ◆ Friday:Tai Chi- 9:00am- 10:00am

Schedules subject to change

Flamingo Park

999 11th Street

Miami Beach, FL 33139

For more information or questions please contact:

Senior Program Supervisor: Xavier Guerrero

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EVENTS & FIELD TRIPS

> EVENT - Floral Workshop(FREE) <

Scott Rakow Youth Center

2700 Sheridan Ave

Miami Beach, Fl 33140

August 4, 2024 1:00pm - 2:00pm

Registration begins July 29, 2024

MB Seniors ages 55+ will enjoy a floral design workshop. Space is limited, and registration is required by visiting register.miamibeachparks.com