

ACTIVE ADULTS

MIAMI BEACH

Mon	Tue	Wed	Thu	Fri
				1
	<p>DANCE FUSION 9:30 AM – 10:30 AM</p>	<p>WATER AEROBICS 12:00PM – 1:00 PM</p>	<p>Trip to Perez Art Museum</p> <p>DANCE FUSION 9:30 AM – 10:30 AM</p> <p>CHAIR AEROBICS 11:00 AM – 12:00 PM</p> <p>AQUA FIT & TONING 7:00 PM - 8:00 PM</p>	8
<p>WATER AEROBICS 12:00PM - 1:00 PM</p> <p>AQUA ZUMBA 7:00 PM - 8:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p>	<p>WATER AEROBICS 12:00PM – 1:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p> <p>CHAIR AEROBICS 11:00 AM – 12:00 PM</p> <p>AQUA FIT & TONING 7:00 PM - 8:00 PM</p>	15
<p>WATER AEROBICS 12:00 PM – 1:00 PM</p> <p>AQUA ZUMBA 7:00 PM - 8:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p>	<p>*Seniors' Mardi Gras Masquerade</p> <p>WATER AEROBICS 12:00PM – 1:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p> <p>CHAIR AEROBICS 11:00 AM – 12:00 PM</p> <p>AQUA FIT & TONING 7:00 PM - 8:00 PM</p>	22
<p>WATER AEROBICS 12:00 PM – 1:00 PM</p> <p>AQUA ZUMBA 7:00 PM - 8:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p>	<p>*Domino Tournament</p> <p>WATER AEROBICS 12:00PM – 1:00 PM</p>	<p>DANCE FUSION 9:30 AM – 10:30 AM</p> <p>CHAIR AEROBICS 11:00 AM – 12:00 PM</p> <p>AQUA FIT & TONING 7:00 PM - 8:00 PM</p>	29

EVENTS & FIELD TRIPS

TRIP 1 - Perez Art Museum

(Max: 20 people) September 7th, 2017 (FREE)

Bus leaves Flamingo Park @ 9:45 am

Returns to Flamingo Park @ 1:00 pm

Sign-up starts August 24th, 2017 @ FLAMINGO

“Lunch NOT included ”

EVENT - Seniors' Mardi Gras Masquerade

Jungle Island - Treetop Ballroom (1111 Parrot Jungle Trail)

Wednesday, September 20, 2017 6:00 pm - 8:30pm (FREE)

RSVP Required - RSVP list will be located @ FLAMINGO

Sign-up starts Friday, September 1, 2017

Transportation is provided: Buses leave FLAMINGO @ 5:00pm.

EVENT - Domino Tournament

7200 Collins Avenue Domino Pavilion

Wednesday, September 27, 2017 6:00pm - 8:00pm (FREE)

To participate contact Kevin Cobas 305-861-3616 ext.2131

Classes, offered by Parks and Recreation

- Aqua Zumba - Every Monday, 7:00pm - 8:00pm @ Flamingo
- Water Aerobics - Every Monday & Wednesday, 12:00pm - 1:00pm @ Flamingo
- Dance Fusion - Every Tuesday & Thursday, 9:30am - 10:30am @ Flamingo
 - Chair Aerobics - Every Thursday, 11:00am - 12:00am @ Flamingo
 - Aqua Fit & Toning - Every Thursday, 7:00pm - 8:00pm @ Flamingo

Kevin Cobas: KevinCobas@miamibeachfl.gov
David Rodriguez: DavidRodriguez@miamibeachfl.gov

Flamingo Park: (305)673-7779

Schedules subject to change. Please call (305)673-7779
for most updated Information.

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)

