

# AUGUST

# MIAMI BEACH

Carl Fisher / Scott Rakow Youth Center



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

## General Information and classes :

### Classes Return To Scott Rakow on August 19, 2024

- ◆ Monday: Chair Aerobics-8:30am- 9:30am
- ◆ Tuesday: Tai-Chi- 9:00am- 10:00am
- ◆ Tuesday: Chair Yoga- 11:00am- 12:00pm
- ◆ Wednesday: Dance Fusion- 8:30am- 9:30am
- ◆ Thursday: Tai-Chi- 9:00am-10:00am

*\*Schedules subject to change\**

**Scott Rakow Youth Center**

**2700 Sheridan Ave**

**Miami Beach, FL 33140**

For more information or questions please contact:

Senior Program Supervisor: Xavier Guerrero

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*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).*

## 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](https://register.miamibeachparks.com)