

# August Mad Beach Rec Fitness & Events

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>Abbreviations</b>                      BVH= Boca View Hall                      CC= City Centre Room                      OW= Ocean Walk                      MBSC= Madeira Beach Social Club</p>	<p>Madeira Beach Yoga                      Madeirabeachyoga.com</p> <p>Seriously Fun Fitness                      Seriouslyfunfitness.com</p>			<p>9AM Cardio Drumming                      CC</p> <p>6PM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p>	<p>9AM Cardio Drumming</p> <p><b>Trash Pirates Beach Cleanup @8am</b></p>
4	5	6	7	8	9	10
	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning                      9AM Cardio Drumming                      6:30PM Cardio Drumming</p>	<p>9AM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p>6PM Cardio Drumming</p>	<p>9AM Cardio Drumming                      CC</p> <p>6PM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p><b>Last Day of Summer Camp!</b></p>	<p>9AM Cardio Drumming</p>
11	12	13	14	15	16	17
	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning                      9AM Cardio Drumming                      6:30PM Cardio Drumming</p> <p><b>Afterschool Care Starts!</b></p>	<p>9AM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p>6PM Cardio Drumming</p>	<p>9AM Cardio Drumming                      CC</p> <p>6PM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p>	<p>9AM Cardio Drumming</p>
18	19	20	21	22	23	24
<p><b>Charity Pickleball Tournament 4-7pm</b></p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p><b>Election: CC</b></p>	<p><b>Election: CC</b></p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p><b>Election: CC</b></p>	<p>9AM Cardio Drumming                      CC</p> <p>6PM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p>	<p>9AM Cardio Drumming</p> <p><b>NSA SOFTBALL</b></p>
25	26	27	28	29	30	31
<p><b>NSA SOFTBALL</b></p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning                      9AM Cardio Drumming                      6:30PM Cardio Drumming</p>	<p>9AM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p>6PM Cardio Drumming</p>	<p>9AM Cardio Drumming                      CC</p> <p>6PM Cardio Drumming</p>	<p>5:30, 7 &amp; 9AM Head-to-Toe Conditioning</p> <p><b>Final Friday 6-9pm Johns Pass</b></p>	<p>9AM Cardio Drumming</p>

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