



JUNE 2025 FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Fitness Center 5AM-9AM, 1PM-5PM Yoga 7:30am Patio Cardio Drumming 9:00AM & 6:30PM CC Yoga 6:00pm BVH	3 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Patio	4 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Archibald Park Cardio Drumming 6:00 pm CC	5 Fitness Center 5AM-9AM, 1PM-5PM Cardio Drumming 9:00AM & 6:30PM CC	6 Fitness Center 5AM-9AM, 1PM-5PM Beach Yoga - 7:00pm Archibald Park	7  TRASH PIRATES BEACH CLEAN-UP: 8AM-10AM Cardio Drumming 9:00am - CC Beach Yoga - 8:30am Archibald Park
8	9 Fitness Center 5AM-9AM, 1PM-5PM Yoga 7:30am Patio Cardio Drumming 9:00AM & 6:30PM CC Yoga 6:00pm BVH	10 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Patio	11 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Archibald Park Cardio Drumming 6:00 pm CC	12 Fitness Center 5AM-9AM, 1PM-5PM Cardio Drumming 9:00AM & 6:30PM CC	13 Fitness Center 5AM-9AM, 1PM-5PM	14 Cardio Drumming 9:00am - CC Beach Yoga - 8:30am Archibald Park
15	16 Fitness Center 5AM-9AM, 1PM-5PM Yoga 7:30am Patio Cardio Drumming 9:00AM & 6:30PM CC Yoga 6:00pm BVH	17 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Patio	18 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Archibald Park Cardio Drumming 6:00 pm CC	19 Fitness Center 5AM-9AM, 1PM-5PM Cardio Drumming 9:00AM & 6:30PM CC	20 Fitness Center 5AM-9AM, 1PM-5PM Beach Yoga - 8:30am Archibald Park	21 Cardio Drumming 9:00am - CC Beach Yoga - 8:30am Archibald Park
22	23 Fitness Center 5AM-9AM, 1PM-5PM Yoga 7:30am Patio Cardio Drumming 9:00AM & 6:30PM CC Yoga 6:00pm BVH	24 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Patio	25 Fitness Center 5AM-9AM, 1PM-5PM Yoga 8:30am Archibald Park Cardio Drumming 6:00 pm CC	26 Fitness Center 5AM-9AM, 1PM-5PM Cardio Drumming 9:00AM & 6:30PM CC	27 Fitness Center 5AM-9AM, 1PM-5PM Beach Yoga - 6:00pm Crystal Bowls & Restorative BVH	28 Cardio Drumming 9:00am - CC Beach Yoga - 8:30am Archibald Park
29	30 Fitness Center 5AM-9AM, 1PM-5PM Yoga 7:30am Patio Cardio Drumming 9:00AM & 6:30PM CC Yoga 6:00pm BVH					

Fitness Center Access is for Madeira Beach Residents Only. Please contact the Recreation Center to obtain a Fitness Pass
Classes currently take place at Madeira Beach City Hall | CC - City Center | Patio - Located at the Rec Center

Madeira Beach Yoga

Pre-register at MadeiraBeachYoga.com

Seriously Fun Fitness

More information available at:
 SeriouslyFunFitness.com

Madeira Beach Cardio Drumming

\$7 Per Class
 Payment accepted via drop in.

Zumba Gold

\$5 for Res / \$6 for Non-Res
 Payment accepted via drop in.