

February Mad Beach Rec Fitness & Events

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm LIVE Zoom Yoga	2 8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	3 5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 4:45pm Beach Yoga	4 9am Patio Flow Yoga 9am LIVE Zoom Yoga 9am Zumba 6pm Patio Slow Flow Yoga	5 5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 9am Beach Yoga	6 8am Beach Clean-Up 9am Beach Yoga 9am Cardio Drumming
7 9am Beach Yoga	8 9am Beach Yoga 6pm LIVE Zoom Yoga	9 8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	10 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 4:45pm Beach Yoga	11 9am Patio Flow Yoga 9am Zumba 9am LIVE Zoom Yoga 6pm Patio Slow Flow Yoga	12 8am Pickle Ball Meet-Up 9am Beach Yoga 6pm Movie in The Park-Shrek	13 9am Beach Yoga 9am Cardio Drumming
14 9am Beach Yoga	15 5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm LIVE Zoom Yoga	16 8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	17 5:30, 7 & 9am Head-to-Toe Conditioning 9am Morning Market 9am Beach Yoga 9am LIVE Zoom Yoga 4:45pm Beach Yoga	18 9am Patio Flow Yoga 9am Zumba 9am LIVE Zoom Yoga 6pm Patio Slow Flow Yoga	19 5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 9am Beach Yoga	20 9am Beach Yoga 9am Cardio Drumming
21 9am Beach Yoga	22 5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm LIVE Zoom Yoga	23 8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	24 5:30, 7 & 9am Head-to-Toe Conditioning 9am Morning Market 9am Beach Yoga 9am LIVE Zoom Yoga 4:45pm Beach Yoga	25 9am Patio Flow Yoga 9am Zumba 9am LIVE Zoom Yoga 6pm Patio Slow Flow Yoga	26 5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 9am Beach Yoga	27 9am Beach Yoga 9am Cardio Drumming
28 9am Beach Yoga					Abbreviations BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club	Madiera Beach Yoga Madeirabeachyoga.com Seriously Fun Fitness Seriouslyfunfitness.com

INFO: Ongoing December Events

- **Tuesdays-Fridays 8-10am:** Pickle Ball Meet-Up
- **Thursdays 12pm:** Golf Hockey

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 for more information!**

