

# March Mad Beach Rec Fitness & Events

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm Yoga LIVE Zoom	8am Pickle Ball Meet-up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 4:45pm Beach Yoga	8am Pickle Ball Meet-up 9am Patio Flow Yoga 9am LIVE Zoom Yoga 9am Zumba 6pm Patio Slow Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up 9am Beach Yoga	8am Beach Clean-Up 9am Cardio Drumming 9am Beach Yoga
7	8	9	10	11	12	13
9am Beach Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm Yoga LIVE Zoom	8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 5:30pm Beach Yoga	8am Pickle Ball Meet-up 9am Patio Flow Yoga 9am LIVE Zoom Yoga 9am Zumba 6pm Patio Slow Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga  7pm Movie in the park- Karate Kid	9am Cardio Drumming 9am Beach Yoga
14	15	16	17	18	19	20
9am Beach Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm Yoga LIVE Zoom	8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 5:30pm Beach Yoga	8am Pickle Ball Meet-up 9am Patio Flow Yoga 9am LIVE Zoom Yoga 9am Zumba 6pm Patio Slow Flow Yoga Spring Carnival	9am Beach Yoga  Spring Carnival	9am Cardio Drumming 9am Beach Yoga  Spring Carnival
21	22	23	24	25	26	27
9am Beach Yoga  Spring Carnival	9am Beach Yoga 6pm Yoga LIVE Zoom	8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	8am Pickle Ball Meet-up 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 5:30pm Beach Yoga	8am Pickle Ball Meet-up 9am Patio Flow Yoga 9am LIVE Zoom Yoga 9am Zumba 6pm Patio Slow Flow Yoga	9am Beach Yoga 6:00pm LIVE Zoom Yoga Nidra Guided Meditation	9am Cardio Drumming 9am Beach Yoga
28	29	30	31			
9am Beach Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 9am Beach Yoga 6pm Yoga LIVE Zoom	8am Pickle Ball Meet-Up 9am Beach Yoga 10:30am Zumba Gold 6pm Patio Flow Yoga	5:30, 7 & 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up 9am Beach Yoga 9am Morning Market 9am LIVE Zoom Yoga 5:30pm Beach Yoga		<u>Abbreviations</u> BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club	<u>Madreia Beach Yoga</u> Madeirabeachyoga.com  <u>Seriously Fun Fitness</u> Seriouslyfunfitness.com

## INFO: Ongoing March Events

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

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 for more information!

