

# February Mad Beach Rec Fitness & Events

# 2022

| Sunday         | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|----------------|--|---|--|---|--|--|
|                |  | <b>1</b><br>8am Pickle Ball Meet-up<br>9am Beach Yoga<br>10:30am Zumba Gold<br>530pm Candlelight Beach Yoga | <b>2</b><br>5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet up<br>9am Beach Yoga<br>10am Morning Market<br>1030am Bridge- BVH | <b>3</b><br>8am Pickle Ball Meet-up<br>9am Patio Flow Yoga<br>9am Zumba<br>6pm Restorative Yoga               | <b>4</b><br>5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet-up<br>9am Beach Yoga                          | <b>5</b><br>8am Beach Clean-Up<br>8:30am Beach Yoga<br>9am Cardio Drumming-CC                                    |
| <b>6</b>       | <b>7</b>   | <b>8</b>  | <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  |
| 9am Beach Yoga | 5:30, 7 & 9am Head-to-Toe Conditioning<br>8-10am Tennis – West Court<br>9am Beach Yoga<br>11am Senior Chair Yoga | 8am Pickle Ball Meet-up<br>9am Beach Yoga<br>10:30am Zumba Gold-CC<br>530pm Candlelight Beach Yoga          | 5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet up<br>9am Beach Yoga<br>10am Morning Market<br>1030am Bridge- BVH             | 8am Pickle Ball Meet-up<br>9am Patio Flow Yoga<br>9am Zumba<br>10:30am Zumba Gold-BVH<br>6pm Restorative Yoga | 5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet-up<br>9am Beach Yoga                                      | 8:30am Beach Yoga<br>9am Cardio Drumming-CC  |
| <b>13</b>      | <b>14</b>  | <b>15</b>   | <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>  |
| 9am Beach Yoga | 9am Beach Yoga<br>8-10am Tennis – West Court<br>11am Senior Chair Yoga   | 8am Pickle Ball Meet-up<br>9am Beach Yoga<br>10:30am Zumba Gold-CC<br>530pm Candlelight Beach Yoga          | 8am Pickle Ball Meet up<br>9am Beach Yoga<br>10am Morning Market<br>1030am Bridge- BVH   | 8am Pickle Ball Meet-up<br>9am Patio Flow Yoga<br>9am Zumba<br>10:30am Zumba Gold-BVH<br>6pm Restorative Yoga | 8am Pickle Ball Meet-up<br>9am Beach Yoga  | 8:30am Beach Yoga<br>9am Cardio Drumming-CC  |
| <b>20</b>      | <b>21</b>  | <b>22</b>   | <b>23</b>  | <b>24</b>   | <b>25</b>  | <b>26</b>  |
| 9am Beach Yoga | 5:30, 7 & 9am Head-to-Toe Conditioning<br>9am Beach Yoga<br>8-10am Tennis – West Court<br>11am Senior Chair Yoga | 8am Pickle Ball Meet-up<br>9am Beach Yoga<br>10:30am Zumba Gold-CC<br>530pm Candlelight Beach Yoga          | 5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet up<br>9am Beach Yoga<br>10am Morning Market<br>1030am Bridge- BVH             | 8am Pickle Ball Meet-up<br>9am Patio Flow Yoga<br>9am Zumba<br>10:30am Zumba Gold-BVH<br>6pm Restorative Yoga | 5:30, 7 & 9am Head-to-Toe Conditioning<br>8am Pickle Ball Meet-up<br>9am Beach Yoga                                      | 8:30am Beach Yoga<br>9am Cardio Drumming-CC  |
| <b>27</b>      | <b>28</b>  |   |  |   |  |  |
| 9am Beach Yoga | 5:30, 7 & 9am Head-to-Toe Conditioning<br>9am Beach Yoga<br>8-10am Tennis – West Court<br>11am Senior Chair Yoga |   |  |   | <b>Abbreviations</b><br>BVH= Boca View Hall<br>CC= City Centre Room<br>OW= Ocean Walk<br>MBSC= Madeira Beach Social Club | <b>Madreia Beach Yoga</b><br>Madeirabeachyoga.com<br><br><b>Seriously Fun Fitness</b><br>Seriouslyfunfitness.com |

## INFO: Ongoing February Events

- Tuesdays-Fridays 8-10am: Pickle Ball Meet-Up
- Wednesday 9-10am: Tennis- west court

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 for more information!

