

September Mad Beach Rec Fitness & Events

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
RESIDENT APPRECIATION MONTH More details on our website: MadeirabeachFL.gov/Recreation				830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC		9am Cardio Drumming
4	5	6	7		9	10
	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming CITY CLOSED	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming NSA Tournament
11	12	13	14	15	16	17
NSA Tournament	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming MBSC Meeting 1pm CC	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming Trash Round up 9am-6pm Mad Beach Nautical Flea Market
18	19	20	21	22	23	24
Trash Roundup 9am-6pm Mad Beach Nautical Flea Market	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming CPR Class 9-12PM	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming NSA Tournament
25	26	27	28	29	30	
NSA Tournament	5:30, 7 & 9am Head-to-Toe Conditioning 7pm Cardio Drumming	830am Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming	830am Cardio Drumming-CC Zumba 9am-10am (BVH – Cheryl) 6pm Cardio Drumming-CC		Madeira Beach Yoga Madeirabeachyoga.com Seriously Fun Fitness Seriouslyfunfitness.com



Follow us on Facebook & Visit
MadeiraBeachFL.gov/Recreation
 for more information!



Abbreviations

BVH= Boca View Hall
 CC= City Centre Room
 OW= Ocean Walk
 MBSC= Madeira Beach Social Club