

# April Mad Beach Rec Fitness & Events

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
		BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club	Madeira Beach Yoga Madeirabeachyoga.com  Seriously Fun Fitness Seriouslyfunfitness.com			9am Cardio Drumming Butterfly Run Johns Pass Park  Trash Pirates Beach Cleanup NSA Tournament
2	3	4	5	6	7	8
NSA Tournament	5:30, 7 & 9am Head-to-Toe Conditioning 9am Cardio Drumming 7pm Cardio Drumming  MBSC MEETING 1PM	Zumba Gold 10:30-11:30am (CC – Liz)	5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach -Archibald Park 9am-10am	Zumba 9am-10am (BVH – Cheryl) Zumba Gold 10:30-11:30am (CC – Liz) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming
9	10	11	12	13	14	15
	5:30, 7 & 9am Head-to-Toe Conditioning 9am Cardio Drumming 7pm Cardio Drumming	Zumba Gold 10:30-11:30am (CC – Liz)	5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach -Archibald Park 9am-10am	Zumba 9am-10am (BVH – Cheryl) Zumba Gold 10:30-11:30am (CC – Liz) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming  Wild West Kingfish Tournament – Johns Pass Bell Tower
16	17	18	19	20	21	22
	5:30, 7 & 9am Head-to-Toe Conditioning 9am Cardio Drumming 7pm Cardio Drumming	Zumba Gold 10:30-11:30am (CC – Liz)	5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach -Archibald Park 9am-10am	Zumba 9am-10am (BVH – Cheryl) Zumba Gold 10:30-11:30am (CC – Liz) 6pm Cardio Drumming-CC	5:30, 7 & 9am Head-to-Toe Conditioning	9am Cardio Drumming  Hurricane & Sea Turtle Expo – City Hall
23	24	25	26	27	28	29
/	5:30, 7 & 9am Head-to-Toe Conditioning 9am Cardio Drumming 7pm Cardio Drumming	Zumba Gold 10:30-11:30am (CC – Liz)	5:30, 7 & 9am Conditioning Zumba 10:30-11:30am (BVH- Liza) 7pm Cardio Drumming Mad Beach Market Boxing on Beach -Archibald Park 9am-10am	Zumba 9am-10am (BVH – Cheryl) Zumba Gold 10:30-11:30am (CC – Liz) 6pm Cardio Drumming CC King of the Beach Tournament	5:30, 7 & 9am Head-to-Toe Conditioning  Final Friday Johns Pass  King of the Beach Tournament	9am Cardio Drumming  King of the Beach Tournament
30						

Follow us on Facebook & Visit  
[MadeiraBeachFL.gov/Recreation](http://MadeiraBeachFL.gov/Recreation)  
 for more information!

--	--	--	--	--	--	--