

December Mad Beach Rec Fitness & Events

2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|--|
| | | | | | 1 | 2 |
|  | <p>Abbreviations BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club</p> | <p>Madeira Beach Yoga Madeirabeachyoga.com</p> <p>Seriously Fun Fitness Seriouslyfunfitness.com</p> |  |  | 5:30, 7 & 9AM Head-to-Toe Conditioning | <p>9AM Cardio Drumming Johns Pass Tree Lighting: 6pm</p> <p>NSA</p> |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| NSA | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 7PM Cardio Drumming 10am Bridge Lessons Ballroom Fitness w Kristie 10:15am BVH MBSC MEETING 1PM</p> | 9AM Cardio Drumming | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH</p> <p>6PM Cardio Drumming</p> | <p>9AM Cardio Drumming CC Zumba w/ Cheryl 9:15am BVH</p> <p>Happy Hanukkah</p> | 5:30, 7 & 9AM Head-to-Toe Conditioning | <p>9AM Cardio Drumming</p> <p>Merry Market 2-8pm Boat Parade 6:30pm</p> |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 7PM Cardio Drumming 10am Bridge Lessons Ballroom Fitness w Kristie 10:15am BVH</p> | 9AM Cardio Drumming | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH</p> <p>6PM Cardio Drumming MBSC Trip / Lunch</p> | <p>9AM Cardio Drumming CC Zumba w/ Cheryl 9:15am BVH</p> <p>6PM Cardio Drumming MBSC Trip</p> | <p>5:30, 7 & 9AM Head-to-Toe Conditioning MBSC Movie CC Ugly Sweater Pub Crawl Johns Pass 6pm</p> | 9AM Cardio Drumming |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9AM Cardio Drumming 7PM Cardio Drumming 10am Bridge Lessons Ballroom Fitness w Kristie 10:15am BVH MBSC Trip</p> | 9AM Cardio Drumming | <p>5:30, 7 & 9AM Head-to-Toe Conditioning 9am Bridge \$ Zumba w/Liza 10:30am BVH</p> <p>6PM Cardio Drumming</p> | <p>9AM Cardio Drumming CC Zumba w/ Cheryl 9:15am BVH</p> <p>6PM Cardio Drumming MBSC Trip</p> | REC OFFICE CLOSED | 9AM Cardio Drumming |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | <p>MERRY CHRISTMAS!!!</p> <p>CITY CLOSED</p> | <p>Happy Kwanzaa</p> <p>CITY CLOSED</p> | <p>5:30, 7 & 9AM Head-to-Toe Conditioning</p> <p>Winter Break Camp</p> <p>6PM Cardio Drumming</p> | <p>9AM Cardio Drumming CC</p> <p>Winter Break Camp</p> <p>6PM Cardio Drumming</p> | <p>Winter Break Camp</p> <p>Final Friday Johns Pass 6PM</p> | 9AM Cardio Drumming |
| 31 | <p>Happy New Years EVE!!!</p> | | | | | |