



October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Dance & Strength 9 AM Beginner Crochet 10:30 AM Chair Pilates 1:15 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Dance & Strength 9 AM	
6	7	8	9	10	11
Strength Training 9 AM Game Day 10:30 AM	Fitness 10:30 AM	Dance & Strength 9 AM Chair Pilates 1:15 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Dance & Strength 9 AM Lunch & Learn 11 AM Tai Chi 1:30 PM	
13	14	15	16	17	18
	Barre 9 AM Fitness 10:30 AM	Dance & Strength 9 AM Beginner Crochet 10:30 AM Chair Pilates 1:15 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Dance & Strength 9 AM Spooky Brunch & Learn 10:45 AM <i>Encompass Health</i> Chair Yoga 1:30 PM	
20	21	22	23	24	25
Strength Training 9 AM	Fitness 10:30 AM	Dance & Strength 9 AM Chair Pilates 1:15 PM	Zumba Gold 10 AM Line Dancing 11:15 AM	Dance & Strength 9 AM Meditation 1:30 PM	
27	28	29	30	31	
Strength Training 9 AM October Birthday & Movie Day 11:00 AM	Fitness 10:30 AM Painting Class 1 PM	Dance & Strength 9 AM Beginner Crochet 10:30 AM Chair Pilates 1:15 PM	HELP Class & Wellness Check 9 AM Frightfully Fit Bootcamp 1 PM	Dance & Strength 9 AM Tai Chi 1:30 PM	

Please be advised that two or more Council Members may be in attendance.

To register, please visit <https://myactivecenter.com/activities/5899:1>. For questions, please contact Paola Perez at (786) 205-5427 or email at pperez@cutlerbay-fl.gov.

All classes will be at Franjo Park | 20175 Franjo Rd. Cutler Bay, FL except classes coated in **ORANGE**

Classes marked with this color will be held at the location listed below:
Cutler Bay Town Center | Council Chambers (1st floor)
10720 Caribbean Blvd. Cutler Bay, FL