

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Dance Fitness 9 AM Chair Pilates 1:15 PM	Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 1 PM (Southland Mall)	Town Hall closed in observation of Independence Day	4TH OF July
6	7	8	9	10	11
Strength Training 9 AM Game Day 10:30 AM Movie Monday 11 AM (Southland Mall) Gentle Mat Yoga 2 PM	Water Aerobics 9 AM (Goulds Park) Fitness 10:30 AM World Cup Watch Party 12 PM	Dance Fitness 9 AM Art Class 11 AM Chair Pilates 1:15 PM	Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 1 PM (Southland Mall)	Dance Fitness 9 AM Lunch & Learn 11 AM Chair Yoga 1:30 PM	
13	14	15	16	17	18
Strength Training 9 AM Game Day 10:30 AM	Barre 9 AM Water Aerobics 9 AM (Goulds Park) Fitness 10:30 AM Crochet 12 PM	Dance Fitness 9 AM Art Class 11 AM Chair Pilates 1:15 PM	Water Aerobics 9 AM (Goulds Park) Core & Strength 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 1 PM (Southland Mall)	Dance Fitness 9 AM Meditation 1:30 PM	Life Convention 10 AM - 2 PM Mater Academy
20	21	22	23	24	25
Strength Training 9 AM Seated Zumba 10 AM	Barre 9 AM Water Aerobics 9 AM (Goulds Park) Fitness 10:30 AM Movie & Birthday Bash 1 PM	Art Class 11 AM Chair Pilates 1:15 PM	Water Aerobics 9 AM (Goulds Park) Dance Fitness 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 1 PM (Southland Mall) Tech Workshop 1 PM	Dance Fitness 9 AM Drum Circle 10:30 AM Brunch & Bingo 11 AM Presentation 12:30 PM Tai Chi 1:30 PM	
27	28	29	30	31	
Game Day 10:30 AM Summer Movie Day 1 PM	Barre 9 AM Water Aerobics 9 AM (Goulds Park) Fitness 10:30 AM Crochet 12 PM	Art Class 11 AM Chair Pilates 1:15 PM	Water Aerobics 9 AM (Goulds Park) Dance Fitness 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 1 PM (Southland Mall)	Dance Fitness 9 AM Pollinator Workshop 1 PM	

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

For questions, please contact Paola Perez at (786) 205-5427 or email at pperez@cutlerbay-fl.gov.

REGISTER NOW



All classes will be at Franjo Park | 20175 Franjo Road Cutler Bay, FL 33189