



August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Fit & Strong 9 AM Game Day 11 AM Tai Chi 2 PM	4 Water Aerobics 9 AM (Goulds Park) Barre 9 AM Fitness 10:30 AM	5 Fit & Strong 9 AM Core & Strength 11 AM Chair Pilates 1:15 PM	6 Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM Art Class 1 PM	7 Dance Fitness 9 AM Fit & Strong 10 AM Crochet 12 PM	8
10 Fit & Strong 9 AM Movie Monday 11 AM (Southland Mall) Chair Yoga 2 PM	11 Water Aerobics 9 AM (Goulds Park) Barre 9 AM Fitness 10:30 AM Art Class 12 PM	12 Fit & Strong 9 AM Core & Strength 11 AM Crochet 12 PM Chair Pilates 1:15 PM	13 Water Aerobics 9 AM (Goulds Park) Marlin's Baseball Field Trip 10 AM Zumba Gold 10 AM Line Dancing 11:15 AM	14 Fit & Strong 10 AM Lunch & Learn 12 PM	15
17 Fit & Strong 9 AM Game Day 11 AM Meditation 2 PM	18 Water Aerobics 9 AM (Goulds Park) Barre 9 AM Fitness 10:30 AM Crochet 12 PM	19 Fit & Strong 9 AM Pollinator Workshop 11 AM Chair Pilates 1:15 PM	20 Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM	21 Dance Fitness 9 AM Fit & Strong 10 AM	22
24 Fit & Strong 9 AM Game Day 11 AM Gentle Mat Yoga 2 PM	25 Water Aerobics 9 AM (Goulds Park) Barre 9 AM Fitness 10:30 AM Movie & Birthday Bash 1 PM	26 Fit & Strong 9 AM Core & Strength 11 AM Chair Pilates 1:15 PM	27 Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM Art Class 1 PM	28 Dance Fitness 9 AM Fit & Strong 10 AM Brunch & Bingo 12 PM	29
31 Fit & Strong 9 AM Game Day 11 AM Tai Chi 2 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.

All classes will be at the Cutler Bay Town Center | 10720 Caribbean Blvd.

Classes highlighted in Orange, will be at Franjo Park (20175 Franjo Road).

REGISTER NOW

