



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	Water Aerobics 9 AM (Goulds Park) Barre 9 AM	Fit & Strong 9 AM Chair Pilates 1:15 PM	Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM	Fit & Strong 10 AM Crochet 11:30 AM	
7	8	9	10	11	12
★★★ LABOR DAY ★★★	Water Aerobics 9 AM (Goulds Park) Barre 9 AM	Fit & Strong 9 AM Core & Strength 11:15 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	Dance Fitness 9 AM Fit & Strong 10 AM Crochet 11:30 AM Gentle Mat Yoga 2:30 PM	
14	15	16	17	18	19
Fit & Strong 9 AM Game Day 11 AM Chair Yoga 2 PM	Water Aerobics 9 AM (Goulds Park) Barre 9 AM Tasty Tuesday 11 AM <i>*Location upon registration</i>	Fit & Strong 9 AM Zumba Gold 11 AM Chair Pilates 1:15 PM	Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM	Dance Fitness 9 AM Fit & Strong 10 AM Crochet 11:30 AM Drum Circle 12 PM	
21	22	23	24	25	26
Fit & Strong 9 AM Game Day 11 AM Meditation 2 PM	Water Aerobics 9 AM (Goulds Park) Barre 9 AM Art Class 11 AM Movie & Birthday Bash 1 PM	Fit & Strong 9 AM Core & Strength 11:15 AM Chair Pilates 1:15 PM	Dance Fitness 9 AM Water Aerobics 9 AM (Goulds Park) Zumba Gold 10 AM Line Dancing 11:15 AM	Dance Fitness 9 AM Fit & Strong 10 AM Crochet 11:30 AM	Hispanic Heritage Celebration 5 PM (Cutler Ridge Park)
28	29	30			
Fit & Strong 9 AM Game Day 11 AM Tai Chi 2 PM	Water Aerobics 9 AM (Goulds Park) Barre 9 AM Coffee Day 10 AM (grab & go) Tasty Tuesday 11 AM <i>*Location upon registration</i> Art Class 1 PM	Fit & Strong 9 AM Mall Day Field Trip 10 AM (registration required) Chair Pilates 1:15 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

