

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|
| 2<br>Strength Training 9 AM<br>Zumba Gold 10 AM<br>Mall Walk 11:30 AM (Southland Mall)<br>Chair Yoga 2 PM  | 3<br>Barre 9 AM<br>Fitness 10:30 AM  | 4<br>Dance Fitness 9 AM<br>Fitness 10:30 AM<br>Chair Pilates 1:15 PM  | 5<br>Zumba Gold 10 AM<br>Line Dancing 11:15 AM<br>Mall Walking 12:30 PM (Southland Mall)                           | 6<br>Dance Fitness 9 AM<br>Tai Chi 1:30 PM                       | 7  |
| 9<br>Strength Training 9 AM<br>Zumba Gold 10 AM<br>Mall Walk 11:30 AM (Southland Mall)<br>Chair Yoga 2 PM  | 10<br>Barre 9 AM<br>Fitness 10:30 AM   | 11<br>Dance Fitness 9 AM<br>Fitness 10:30 AM<br>Chair Pilates 1:15 PM | 12<br>Zumba Gold 10 AM<br>Line Dancing 11:15 AM<br>Mall Walking 12:30 PM (Southland Mall)                          | 13<br>Dance Fitness 9 AM<br>Meditation 1:30 PM                   | 14<br>Wings Over the Bay<br>Cutler Ridge Park<br>6pm-10pm<br> |
| 16<br>Strength Training 9 AM<br>Zumba Gold 10 AM<br>Mall Walk 11:30 AM (Southland Mall)<br>Chair Yoga 2 PM | 17<br>Barre 9 AM<br>Fitness 10:30 AM<br>Pollinator Workshop 12 PM                                  | 18<br>Dance Fitness 9 AM<br>Fitness 10:30 AM<br>Chair Pilates 1:15 PM | 19<br>Zumba Gold 10 AM<br>Line Dancing 11:15 AM<br>Mall Walking 12:30 PM (Southland Mall)<br>Beginner Crochet 2 PM | 20<br>Dance Fitness 9 AM<br>Drum Circle 11 AM<br>Tai Chi 1:30 PM | 21   |
| 23<br>Strength Training 9 AM<br>Zumba Gold 10 AM<br>Mall Walk 11:30 AM (Southland Mall)<br>Chair Yoga 2 PM | 24<br>Fitness 10:30 AM<br>Brunch & Learn 1 PM  | 25<br>Dance Fitness 9 AM<br>Fitness 10:30 AM<br>Chair Pilates 1:15 PM | 26<br>Zumba Gold 10 AM<br>Line Dancing 11:15 AM<br>Mall Walking 12:30 PM (Southland Mall)<br>Beginner Crochet 2 PM | 27   | 28   |
| 30<br>Strength Training 9 AM<br>Zumba Gold 10 AM<br>Mall Walk 11:30 AM (Southland Mall)<br>Chair Yoga 2 PM | 31<br>Barre 9 AM<br>Fitness 10:30 AM<br>Pollinator Workshop 12 PM<br>Birthday & Movie Bash 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](mailto:pperez@cutlerbay-fl.gov).

All classes will be at the Cutler Bay Town Center for February 2026 | 10720 Caribbean Blvd. Cutler Bay, FL 33189