



# May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				Dance Fitness 9 AM Beginner Crochet 10:30 AM Tai Chi 1:30 PM Gentle Mat Yoga 2:30 PM	Stroke Awareness Health Fair 10 AM <i>Encompass Health</i> Mall Walking 12:30 PM (Southland Mall)
4	5	6	7	8	9
Strength Training 9 AM Mall Walk 11:30 AM (Southland Mall) Chair Yoga 2 PM	Barre 9 AM <i>Cutler Ridge Park</i> Fitness 10:30 AM <i>Cutler Ridge Park</i>	Dance Fitness 9 AM Fitness 10:30 AM Art Class 12 PM Chair Pilates 1:15 PM Nutrition Workshop 2:30 PM	Mall Walking 12:30 PM (Southland Mall)	Fitness 10 AM <i>Cutler Ridge Park</i> Stretch Clinic 11 AM <i>Cutler Ridge Park</i>	Mall Walking 12:30 PM (Southland Mall)
11	12	13	14	15	16
Strength Training 9 AM Zumba Gold 10 AM Mall Walk 11:30 AM (Southland Mall) Chair Yoga 2 PM	Mother's Day Brunch 10 AM (must register)	Dance Fitness 9 AM <i>Cutler Ridge Park</i> Fitness 10:30 AM <i>Cutler Ridge Park</i> Pollinator Workshop 12 PM	Core & Strength 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 12:30 PM (Southland Mall) Fusion Workout 2 PM	Dance Fitness 9 AM Brunch & Bingo 11 AM Meditation 1:30 PM Chair Yoga 2:30 PM	Mall Walking 12:30 PM (Southland Mall)
18	19	20	21	22	23
Strength Training 9 AM Zumba Gold 10 AM Mall Walk 11:30 AM (Southland Mall) Chair Yoga 2 PM	Barre 9 AM Fitness 10:30 AM Rhythm Boxing 11:30 AM Movie & Birthday Bash 1 PM	Dance Fitness 9 AM Fitness 10:30 AM Pollinator Workshop 12 PM Chair Pilates 1:15 PM	Core & Strength 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 12:30 PM (Southland Mall) Stretch Clinic 2 PM	Beginner Crochet 10:30 AM Lunch & Learn 11 AM Tai Chi 1:30 PM Gentle Mat Yoga 2:30 PM	Mall Walking 12:30 PM (Southland Mall)
25	26	27	28	29	30
 <b>MEMORIAL DAY</b>	Barre 9 AM Fitness 10:30 AM Rhythm Boxing 11:30 AM Pollinator Workshop 1 PM	Dance Fitness 9 AM Fitness 10:30 AM Chair Pilates 1:15 PM	Core & Strength 9 AM Zumba Gold 10 AM Line Dancing 11:15 AM Mall Walking 12:30 PM (Southland Mall) Art Series 1 PM	Dance Fitness 9 AM Beginner Crochet 10 AM Drum Circle 11 AM Meditation 1:30 PM Chair Yoga 2:30 PM	Mall Walking 12:30 PM (Southland Mall)

**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).

Classes marked with this color will take place in the second floor conference room, suite 220, of the Town Center. All classes will be at the Cutler Bay Town Center for May 2026 | 10720 Caribbean Blvd. Cutler Bay, FL 33189