



# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM	2 Zumba 9 AM Walk With Ease 9 AM (Saga Bay Park) Fitness 10:30 AM Walk With Ease 1 PM (Southland Mall)	3 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi Pt. 2 3:45 PM	4 <b>HAPPY 4th of July</b>	5 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM Tai Chi Pt. 2 3:45 PM	6 Walk With Ease 9 AM (Saga Bay Park) Walk With Ease 1 PM (Southland Mall)
8 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM	9 Line Dancing 9 AM Walk With Ease 9 AM (Saga Bay Park) Fitness 10:30 AM Walk With Ease 1 PM (Southland Mall)	10 Fit & Strong 9 AM Enhance Fitness 10:45 AM Birthday Bash 1 PM Tai Chi Pt. 2 3:45 PM	11 Walk With Ease 9 AM (Saga Bay Park) Zumba 10 AM Line Dancing 11:15 AM Walk With Ease 1 PM (Southland Mall) Chair Yoga 3 PM	12 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM Tai Chi Pt. 2 3:45 PM	13 Walk With Ease 9 AM (Saga Bay Park) Walk With Ease 1 PM (Southland Mall)
15 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi Pt 2 (Make-up class) 12 PM Tai Chi 1 PM	16 Zumba 9 AM Walk With Ease 9 AM (Saga Bay Park) Fitness 10:30 AM Painting 1 PM Walk With Ease 1 PM (Southland Mall)	17 Fit & Strong 9 AM Enhance Fitness 10:45 AM Game Day 1 PM Tai Chi Pt. 2 3:45 PM	18 Walk With Ease 9 AM (Saga Bay Park) Zumba 10 AM Line Dancing 11:15 AM Walk With Ease 1 PM (Southland Mall) Meditation 3 PM	19 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM Tai Chi Pt. 2 3:45 PM	20 Walk With Ease 9 AM (Saga Bay Park) Walk With Ease 1 PM (Southland Mall)
22 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi Pt 2 (Make-up class) 12 PM Tai Chi 1 PM	23 Line Dancing 9 AM Walk With Ease 9 AM (Saga Bay Park) Fitness 10:30 AM Pelican Harbor Presentation 1 PM Walk With Ease 1 PM (Southland Mall)	24 Fit & Strong 9 AM Enhance Fitness 10:45 AM Game Day 1 PM	25 Walk With Ease 9 AM (Saga Bay Park) Marlin's Field Trip 10:30 AM	26 Fit & Strong 9 AM Enhance Fitness 10:45 AM	27 Walk With Ease 9 AM (Saga Bay Park) Life Convention Expo 10 AM - Save the date Walk With Ease 1 PM (Southland Mall)
29 Fit & Strong 9 AM Enhance Fitness 10:45 AM Tai Chi 1 PM	30 Book Club 9 AM Fitness 10:30 AM Fire & Fall Prevention 1 PM Walk With Ease 1 PM (Southland Mall)	31 Fit & Strong 9 AM Enhance Fitness 10:45 AM Game Day 1 PM Tai Ci Pt. 2 3:45 PM Kitchen Experience 5 PM <i>*Registration is REQUIRED</i>			

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

Please contact Paola Perez at [pperez@cutlerbay-fl.gov](mailto:pperez@cutlerbay-fl.gov) or (786) 205-5427 to RSVP.  
All classes will be at Franjo Park except special event(s) | 20175 Franjo Rd. Cutler Bay, FL