

# August Mad Beach Rec Fitness & Events

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Abbreviations</b> BVH= Boca View Hall CC= City Centre Room OW= Ocean Walk MBSC= Madeira Beach Social Club	<b>Madeira Beach Yoga</b> <a href="http://Madeirabeachyoga.com">Madeirabeachyoga.com</a>  <b>Seriously Fun Fitness</b> <a href="http://Seriouslyfunfitness.com">Seriouslyfunfitness.com</a>			1	2	3
				8:30am Yin Yoga BVH 6pm Flow-Storative Yoga BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-up  <b>Dog Park Grand Re-Opening</b>	<b>8am Beach Clean-Up</b> 8:30am Beach Yoga
4	5	6	7	8	9	10
<b>9am Summer Yoga Party on the Patio</b>	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Relax & Unwind Yoga BVH	8am Pickle Ball Meet-Up 8:30am Yoga Patio Flow 10am Zumba Gold BVH 6pm Beach Yoga 7pm Cardio Drumming BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Restorative Yoga BVH	8:30am Yin Yoga BVH 6pm Flow-Storative Yoga BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 8:30am Beach Yoga 6pm Friday Fusion Yoga <b>Sunset Series 5K Race #3</b> <b>Movie on the Beach</b>	8:30am Beach Yoga  <b>Fish Kids</b>
11	12	13	14	15	16	17
	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Relax & Unwind Yoga BVH	8am Pickle Ball Meet-Up 8:30am Yoga Patio Flow 10am Zumba Gold BVH 6pm Beach Yoga 7pm Cardio Drumming BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Restorative Yoga BVH	8:30am Yin Yoga BVH 6pm Flow-Storative Yoga BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 8:30am Beach Yoga 6pm Yoga- Nidra Guided Meditation	8:30am Beach Yoga
18	19	20	21	22	23	24
	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Relax & Unwind Yoga BVH	8am Pickle Ball Meet-up 8:30am Yoga Patio Flow 10am Zumba Gold BVH 6pm Beach Yoga 7pm Cardio Drumming BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Restorative Yoga BVH	8:30am Yin Yoga BVH 6pm Flow-Storative Yoga BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 8:30am Beach Yoga 6:30pm Yoga on the Lawn	8:30am Beach Yoga
25	26	27	28	29	30	31
	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8:30am Beach Yoga 6pm Relax & Unwind Yoga BVH	8am Pickle Ball Meet-Up 8:30am Yoga Patio Flow 10am Zumba Gold BVH 6pm Beach Yoga 7pm Cardio Drumming BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am CPR 8:30am Beach Yoga 6pm Restorative Yoga BVH	8:30am Yin Yoga BVH 6pm Flow-Storative Yoga BVH	5:30am Head-to-Toe Conditioning 7am Head-to-Toe Conditioning 9am Head-to-Toe Conditioning 8am Pickle Ball Meet-Up 8:30am Beach Yoga	<b>Madeira Beach Yoga</b> <a href="http://Madeirabeachyoga.com">Madeirabeachyoga.com</a>  <b>Seriously Fun Fitness</b> <a href="http://Seriouslyfunfitness.com">Seriouslyfunfitness.com</a>

## INFO: Ongoing July Events

- Tuesdays & Fridays 8am: Pickle Ball Meet-Up
- Thursdays 12pm: Golf Hockey
- Summer Camp

Follow us on Facebook &  
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 for more information!

