
















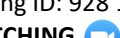
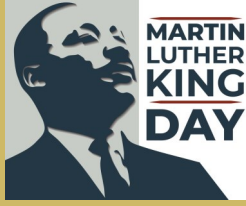






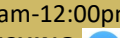







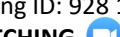


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Please click the class link below, download the Zoom app and make a profile.

On the day of class enter the meeting ID and password.

PASSWORD FOR ALL CLASSES IS miamiparks (all lowercase no spaces)

January/ Enero 2022

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p><b>3</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm</p>	<p><b>4</b> <b>DOMINO</b> 8:00am-5:00pm <b>NEEDLEPOINT/ CANVAS</b> 8:30AM-10:30AM <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>DIABETES SEMINAR/ SEMINARIO DE DIABETES</b> 12:00pm-2:00pm</p>	<p><b>5</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>CRAFTS/ MANUALIDADES</b> 1:00pm-3:00pm</p>	<p><b>6</b> <b>DOMINO</b> 8:00am-5:00pm <b>MUSIC/MUSICA</b> 10:00am-11:00am <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>YOGA/YOGA</b> 10:30am- 11:30am <b>PRAYER/ORACIÓN</b>  11:00am-12:00pm <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>MEMORY/ MEMORIA</b> 2:00pm-4:00pm</p>	<p><b>7</b> <b>DOMINO</b> 8:00am-5:00pm <b>STRECTHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECTHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECTHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>NEW YEA'R'S PARTY/ FIESTA DE AÑO NUEVO</b> 1:00pm-3:00pm</p> <p style="text-align: center;"></p> <p><b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>10</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>BINGO</b> 1:30pm-3:30pm</p> <p></p>	<p><b>11</b> <b>DOMINO</b> 8:00am-5:00pm <b>NEEDLEPOINT/ CANVAS</b> 8:30AM-10:30AM <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>DIABETES SEMINAR/ SEMINARIO DE DIABETES</b> 12:00pm-2:00pm</p>	<p><b>12</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>KNAUS BERRY FARM</b> 10:00am-2:00pm</p> <p style="text-align: center;"></p> <p><b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>CRAFTS/ MANUALIDADES</b> 1:00pm-3:00pm</p>	<p><b>13</b> <b>DOMINO</b> 8:00am-5:00pm <b>MUSIC/MUSICA</b> 10:00am-11:00am <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>YOGA/YOGA</b> 10:30am- 11:30am <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>MEMORY/ MEMORIA</b> 2:00pm-4:00pm</p>	<p><b>14</b> <b>DOMINO</b> 8:00am-5:00pm <b>STRECTHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECTHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECTHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>17</b> <b>HOLIDAY</b></p> <p style="text-align: center;"></p>	<p><b>18</b> <b>DOMINO</b> 8:00am-5:00pm <b>NEEDLEPOINT/ CANVAS</b> 8:30AM-10:30AM <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>DIABETES SEMINAR/ SEMINARIO DE DIABETES</b> 12:00pm-2:00pm</p>	<p><b>19</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>CRAFTS/ MANUALIDADES</b> 1:00pm-3:00pm</p>	<p><b>20</b> <b>DOMINO</b> 8:00am-5:00pm <b>MUSIC/MUSICA</b> 10:00am-11:00am <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>YOGA/YOGA</b> 10:30am- 11:30am <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>PRAYER/ORACIÓN</b>  11:00am-12:00pm <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>MEMORY/ MEMORIA</b> 2:00pm-4:00pm</p>	<p><b>21</b> <b>DOMINO</b> 8:00am-5:00pm <b>STRECTHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECTHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECTHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>24</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>BINGO</b> 1:30pm-3:30pm</p> <p></p>	<p><b>25</b> <b>DOMINO</b> 8:00am-5:00pm <b>NEEDLEPOINT/ CANVAS</b> 8:30AM-10:30AM <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>DIABETES SEMINAR/ SEMINARIO DE DIABETES</b> 12:00pm-2:00pm</p>	<p><b>26</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>DOLPHIN MALL</b> 10:00am-2:00pm</p> <p style="text-align: center;"></p> <p><b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>CRAFTS/ MANUALIDADES</b> 1:00pm-3:00pm</p>	<p><b>27</b> <b>DOMINO</b> 8:00am-5:00pm <b>MUSIC/MUSICA</b> 10:00am-11:00am <b>CHAIR</b>  10:00am-10:45am Meeting ID: 914 7727 5297 <b>YOGA/YOGA</b> 10:30am- 11:30am <b>ZUMBA</b>  11:00am-11:45am Meeting ID: 928 1496 7261 <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>MEMORY/ MEMORIA</b> 2:00pm-4:00pm</p>	<p><b>28</b> <b>DOMINO</b> 8:00am-5:00pm <b>STRECTHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>CONNEXIÓN DE LA MENTE Y EL CUERPO</b>  9:00am-10:00am <b>STRECTHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECTHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>31</b> <b>DOMINO</b> 8:00am-5:00pm <b>FITNESS/FITNESS</b> 9:00am-10:00am <b>FITNESS/FITNESS</b> 10:30am-11:30am <b>FITNESS/FITNESS</b> 12:00pm-1:00pm <b>BINGO</b> 1:30pm-3:30pm</p> <p></p>	<p><b>HAPPY New Year 2022</b></p>			

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