


















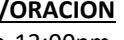




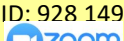







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Please click the class link below, download the Zoom app and make a profile.

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

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

**AUGUST/AGOSTO 2022**

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p><b>1 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>2 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</p>	<p><b>3 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>4 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 outside YOGA/YOGA 12:50-1:50 INSIDE <b>PRAYER</b>   <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>5 DOMINO</b> 8:00am-5:00pm <b>STRECHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>8 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>9 DOMINO</b> 8:00am-5:00pm <b>NEEDLEPOINT/ CANVAS</b> 8:30AM-  <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>BIRTHDAY EVENT</b> <b>1:00-3:00</b> <b>CARE MAX</b></p>	<p><b>10 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>11 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>   <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>12 DOMINO</b> 8:00am-5:00pm <b>STRECHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>15 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 BINGO 1:30-3:00</p>	<p><b>16 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 1:30-3:00 PARTY UNIVIDA</p>	<p><b>17 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>18 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>   <b>STRETCHING</b>  12:00pm-12:45pm Meeting ID: 958 1461 4879 <b>MEMORY/ MEMORIA</b> 2:00pm-4:00pm</p>	<p><b>19 DOMINO</b> 8:00am-5:00pm <b>STRECHING/ ESTIRAMIENTOS</b> 9:00am-10:00am <b>STRECHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm FATHER'S DAY EVEN 1:00-3:00</p>
<p><b>22 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 BINGO 1:30-3:00</p>	<p><b>23 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>SISTEMA IMUNO</b> 1:30PM - 3:00PM <b>TECHNOLOGY CLASS</b> 1:30PM-3:00PM</p>	<p><b>24 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>25 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>26 DOMINO</b> 8:00am-5:00pm <b>STRECHING/ ESTIRAMIENTOS</b>  9:00am-10:00am <b>CONNEXIÓN DE LA MENTE Y EL CUERPO</b> 9:00am-10:00am <b>STRECHING/ ESTIRAMIENTOS</b> 10:30am-11:30am <b>STRECHING/ ESTIRAMIENTOS</b> 12:00pm-1:00pm <b>SOCIAL FRIDAY/ VIERNES SOCIAL</b> 1:00pm-2:30pm</p>
<p><b>29 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><b>30 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 1:30 -3:00 PARTY CANO HEALTHY</p>	<p><b>31 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>Antonio Maceo Park 5135 NW 7 St. Miami, FL, 33126 (305) 960-2930</p>	