February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
South Miami THE CITY OF PLEASANT LIVING	**Gibson-Bethel Community Center** 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov	**Facility Hours:** **M-F: 5 AM to 10 PM** **Saturdays: 9 AM to 6 PM** **Sundays: 10 AM to 2 PM**			1 Kickbox Rx (5-10a-hourly)	2 Jazzercise (9:15a) Open Gym (11:00a-5p)
3 Jazzercise (10a) Open Gym (11:15a-2p)	4 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	5 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	6 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) Parks & Rec Adv. Board Mtg (6pm)	7 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	8 Kickbox Rx (5-10a-hourly) **Movie in the Park** **6:15pm @ DFP**	9 Jazzercise (9:15a) Open Gym (11:00a-5p)
10 Jazzercise (10a) Open Gym (11:15a-2p)	11 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	12 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	13 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	14 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) HAPPY VALENTINE'S DAY ♡	15 Kickbox Rx (5-10a-hourly)	16 Jazzercise (9:15a) Open Gym (11:00a-5p)
17 Jazzercise (10a) Open Gym (11:15a-2p)	18 **Holiday Hours** **10am-4pm**	19 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	20 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	21 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) **Senior Games** **10:30am-1pm** **Dante Fascell Park**	22 Kickbox Rx (5-10a-hourly)	23 Jazzercise (9:15a) Open Gym (11:00a-5p) **Wonder Workshop** **10:30am** *** preregistration required***
24 Jazzercise (10a) Open Gym (11:15a-2p)	25 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	26 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)	27 Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p)	28 Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a)		

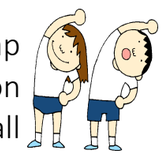
Programs and Classes - February 2019

Open Gymnasium Hours

The basketball gymnasium is available for open gym during the following times:

- Mon/ Wed: 11 AM — 1:30 PM & 7:30 — 9:30 PM
- Tues/ Thurs/ Fri: 11 AM — 1:30 PM & 6:30 — 9:30 PM
- Sat: 11 AM— 5 PM
- Sun: 11:30 AM — 1:30 PM

Health and Fitness



Ed's Boot Camp: South Florida's oldest and most effective boot camp provider. Unlimited classes year round, no contracts, no registration fees. Equipment provided. Check out www.edsbootcamp.com or call 305-613-9920.

Kickbox Rx: The combined elements of kickboxing, strength training and core conditioning in this class guarantee results. Check out www.kickboxrx.com or call 305-613-9920.

Jazzercise: A pulse-pounding, beat-pumping fitness program that gets you results fast. Check out www.jazzercise.com for more information or call 305-666-5457.

Sliver Sneakers classes: Silver Sneakers classes are offered Tuesdays and Thursdays at 11:15 AM at the Gibson-Bethel Community Center. These programs are free for Silver Sneakers Members. For more information call 305-668-3876 or visit SilverSneakers.com to check eligibility.

February Events

Senior Games: Seniors 55+, come out to Dante Fascell Park on February 21st for the fourth annual Senior Games! Enjoy bean bag toss, basketball, table tennis, dominos, and much more! Refreshments will be served. This FREE event start at 10:30am! Preregistration is encouraged. Email parks@southmiamifl.gov for more information.

Movie in the Park: We will be showing How to Train Your Dragon (PG) at 6:15p at Dante Fascell Park on February 8th. Bring the family, some snacks, and a blanket to watch the movie under the stars! Free popcorn provided. See you there!

STEM Wonder Workshop: Our next Wonder Workshop at Gibson-Bethel Community Center will be February 23rd at 10:30am. Explore Robotics! This activity is for children ages 5 to 7. Preregistration is required, Register at recpro.southmiamifl.gov.

Aqua Fitness Starts in March

Murray Park Aquatic Center will begin Aqua Fitness Classes starting March 5th. Classes run Mondays, Wednesdays, and Fridays from 11am -11:50am. The cost to register for the month is $35, or just drop-in for $7 a class. For more information call 305-668-3876 or register online at recpro.southmiamifl.gov

Silver Sneakers

Every Tuesday and Thursday at 11:15am, Silver Sneakers members can participate in the circuit fitness class with a Silver Sneakers instructor. The class focuses on flexibility, balance and building strength.

Follow Us

Did you know that the South Miami Parks and Recreation Department has a Facebook page? Follow and like us to stay up to date on all the great things happening in and around your city! @southmiamiparksandrec

Online Registration

Register for everything in South Miami Parks and Recreation online! From our after school program to pavilion rentals, everything is at your fingertips. The registration website is:
RECPRO.SOUTHMIAMIFL.GOV