

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Gibson-Bethel Community Center</b> 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov	<b>Facility Hours:</b> <b>M-F: 5 AM to 10 PM</b> <b>Saturdays: 9 AM to 6 PM</b> <b>Sundays: 10 AM to 2 PM</b>					Jazzercise (9:15a) Open Gym (11:00a-5p) <sup>1</sup>
Jazzercise (10a) Open Gym (11:15a-2p) <sup>2</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>3</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>4</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>5</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>6</sup>	Kickbox Rx (5-10a-hourly) <sup>7</sup>	Jazzercise (9:15a) Open Gym (11:00a-5p) <sup>8</sup>	
Jazzercise (10a) Open Gym (11:15a-2p) <sup>9</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>10</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>11</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>12</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>13</sup>	Kickbox Rx (5-10a-hourly) <sup>14</sup>  <b>HAPPY VALENTINE'S DAY</b> <b>Movie in the Park</b> <b>6:15pm @ DFP</b>	Jazzercise (9:15a) Open Gym (11:00a-5p) <sup>15</sup>	
Jazzercise (10a) Open Gym (11:15a-2p) <sup>16</sup>	 <b>Holiday Hours</b> <b>10am-4pm</b> <sup>17</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>18</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>19</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>20</sup>  <b>Senior Games</b> <b>10:30am-1pm</b> <b>Dante Fascell Park</b>	Kickbox Rx (5-10a-hourly) <sup>21</sup>	Jazzercise (9:15a) Open Gym (11:00a-5p) <sup>22</sup>	
Jazzercise (10a) Open Gym (11:15a-2p) <sup>23</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>24</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>25</sup>	Kickbox Rx (5-10a-hourly) Jazzercise (6:30p) SM Basketball (6:30-7:30p) <sup>26</sup>	Ed's Boot Camp (5-10a-hourly) Jazzercise (9:30a) SS Circuit (11:15a) <sup>27</sup>	Kickbox Rx (5-10a-hourly) <sup>28</sup>	Jazzercise (9:15a) Open Gym (11:00a-5p) <sup>29</sup>  <b>WONDER WORKSHOP</b> <b>10:30am</b>	

# Programs and classes - February 2020

## 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



## February Events

**Senior Games:** Seniors 55+, come out to Dante Fascell Park on February 20th 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](mailto:parks@southmiamifl.gov) for more information.



**Movie in the Park:** We will be showing Wonder Park (PG) at 6:15p at Dante Fascell Park on February 14th. Bring the family, some snacks, and a blanket to watch the movie under the stars! Free popcorn provided. See you there!

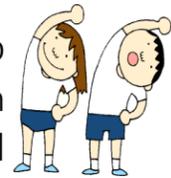


**STEM Wonder Workshop:** Our next Wonder Workshop at Gibson-Bethel Community Center will be February 29th at 10:30am. Explore Robotics! This activity is for children ages 8 to 14. Preregistration is required, Register at [recpro.southmiamifl.gov](http://recpro.southmiamifl.gov).



## 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](http://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](http://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](http://www.jazzercise.com) for more information or call 305-666-5457.



**Silver 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](http://SilverSneakers.com) to check eligibility.



## 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](http://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](https://www.facebook.com/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](http://RECPRO.SOUTHMIAMIFL.GOV)