

# September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Jazzercise (10a) Open Gym (11a-2p) Words to Wisdom (12p-1p)</p>	<p>3</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Water Aerobics (11a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>4</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>5</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Water Aerobics (11a) Youth Basketball (6p) Jazzercise (6:30p)</p> <p><b>FLU SHOTS</b> 9:30-2:30 <b>FLOW</b> 9:30-2:30</p> 	<p>6</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>7</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p)</p>	<p>1</p> <p>Jazzercise (9:15a) Basketball (11a-6p)</p>  <p>8</p> <p>Jazzercise (9:15a) Basketball (11a-6p)</p>
<p>9</p> <p>Jazzercise (10a) Open Gym (11a-2p) Words to Wisdom (12p-1p)</p>	<p>10</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>11</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>12</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>13</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>14</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p)</p>	<p>15</p> <p>Jazzercise (9:15a) Basketball (11a-6p)</p>
<p>16</p> <p>Jazzercise (10a) Open Gym (11a-2p) Words to Wisdom (12p-1p)</p>	<p>17</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>18</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>19</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>20</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>21</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p)</p> 	<p>22</p> <p>Jazzercise (9:15a) Basketball (11a-6p)</p> <p><b>GREY GHOSTS HOMECOMING GAMES</b></p>  <p>Palmer Park</p>
<p>23</p> <p>Jazzercise (10a) Open Gym (11a-2p) Words to Wisdom (12p-1p)</p>	<p>24</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>25</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>26</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p>	<p>27</p> <p>Ed's Bootcamp (5-10a) Jazzercise (9:15a) Youth Basketball (6p)</p>	<p>28</p> <p>Ed's Bootcamp (5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p)</p>	<p>29</p> <p>Jazzercise (9:15a) Basketball (11a-6p)</p> <p><b>Wonder Workshop</b> 10:30am</p> <p>* preregistration required*</p>
<p>30</p> <p>Jazzercise (10a) Open Gym (11a-2p) Words to Wisdom (12p-1p)</p>	<p>31</p> <p>Ed's Bootcamp(5-10a) Kickbox Rx (6a &amp; 8a) Youth Basketball (6p) Jazzercise (6:30p)</p> <p><b>SAFE STREETS HALLOWEEN</b> 4pm-7pm</p> 			<p><b>Gibson-Bethel Community Center</b> 5800 SW 66th St South Miami, FL 33143 305-668-3876 www.southmiamifl.gov</p>	<p><b>Fitness Center Open:</b>  <b>AA-F Sa to 10p</b>  <b>Saturdays: 9a to 6p</b>  <b>Sundays: 10a to 2p</b></p>	

# Programs and Classes - October 2016

## 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:** By combining the elements of kickboxing, strength training and core conditioning that 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.



## Words to Wisdom



Words to Wisdom is a free tutoring program at Gibson-Bethel Community Center on Sundays from 12pm to 1pm. Kids in elementary and middle school can receive free homework assistance and tutoring. This program helps participants in all subjects and kids can gain confidence through excelling in academics.

## Get your Flu Shot

The Parks and Recreation department has teamed up with Walgreens to give out flu shots to anyone age 18 and older on Wednesday, October 5th from 9:30am to 2:30pm at the Gibson-Bethel Community Center.



## October Events

**Cycle the City:** Join us for a fun, 5 mile bike ride around South Miami on October 1, leaving from Gibson-Bethel Community Center at 8am. Light refreshments will be provided after the ride.



**Dunkin for Pumpkins:** Make a splash in our floating pumpkin patch at Murray Park Aquatic Center on Friday, October 21 from 4pm-6pm. Have fun decorating your pumpkin and swimming in the pool! \$1 per person. See you there!



**STEM Wonder Workshop:** Our next wonder workshop at Gibson-Bethel Community Center will be October 29th at 10:30am. Explore Civil Engineering and make a marshmallow bridge! Preregistration is required for this activity.



**Safe Streets Halloween:** Come out to downtown South Miami and have a safe night trick or treating with the family! The event will take place on Sunset Dr. between US 1 and Red Road from 4pm to 7pm on Halloween: Monday, October 31.



## F.L.O.W. is Here!

Florida License On Wheels will be at the Gibson-Bethel Community Center on 10/5/16 from 9:30am to 2:30pm. Renew a license, obtain a replacement license, change an address, get an ID card, or renew vehicle registration.



## Tennis Lessons, & More!

Sign up for private lessons, reserve a court for your own play, take a class or join in the after school tennis program at Dante Fascell Park. For more information call the Tennis office at 305-666-8680 between the hours of 8am-12pm and 2pm-7pm or email [parcs@southmiamifl.gov](mailto:parcs@southmiamifl.gov).

