

## **Weekly Events**

### **Sundays**

The beach walks will meet at noon at Bicentennial Beach Boardwalk and head south to Millennium Beach Park and turn around and go back to Bicentennial Boardwalk. Walk at your own pace, turn-around at any time and head back to starting point.

Swimming at Indian Harbour Beach Pool. Work to improve basic strokes for swimming and increasing comfort in the water, followed by water fitness. 10 am -11 am.

Adult Open Gym Basketball Adults can come play basketball pick-up games on Sunday evenings from 6-9pm in the DRS Gymnasium. Facilitated by Satellite Beach Recreation staff.

### **Mondays**

(Alternating weeks, Check dates) 3 H's Exercise Class for Adults and Seniors The Happy, Healthy Heart program covers all the elements that keep you strong, energetic and flexible. Work out with weights, do a bit of cardio, and stretch it all out in a fun-filled 45 minutes. Class uses chairs and weights. (No getting down on the floor) Instructor: Carrie Parsons

(Alternating weeks, Check dates) Hatha Yoga This gentle form of yoga combines physical well-being and balances body, mind and spirit using guided yoga postures, stretching and deep breathing. Bring your yoga mat. 6:30-7:45pm at the Pelican Beach Clubhouse, 1495 N Hwy A1A, Satellite Beach Instructor: Marilyn Hallock

(Alternating weeks, Check dates) Have Fun, Stay Fit Aerobics This program is a great adult workout that includes warm-ups, steps, mat work, weights and a cool down. It combines several forms of exercise. 8:45-9:45am Location: DRS Dance Studio 1. Instructor: Lanore Hensley

(Alternating weeks, Check dates) Adult Open Pickleball Held in the DRS Gym Mondays at 7pm for all abilities, Saturdays at 5pm for beginners and 6pm for intermediate/ advanced players.

Walk in Gleason Park with Indian Harbour Beach Mayor Dave Panicola from 6:00 -6:30 Monday's and Wednesday's throughout the challenge. Meet at the boardwalk area in Gleason Park 1233 Yacht Club Blvd.

Join Julie from SB City Hall for a 3 mile bike ride starting at the Satellite Beach Library at 5:30 every Monday.

### **Tuesdays**

**Longdoggers Run for Brews** begins at 7:00 pm on every Tuesday at the Satellite Beach location. Participants will complete a 5k and then enjoy some social time at Longdoggers after. Tuesdays are t-shirt night as well, wear a shirt from Longdoggers and get 10% off of your bill.

Gentle Vinyasa Yoga with Tara at 714 S Patrick Dr, Satellite Beach.

Blitz with Troy is an intense, cardio/resistance interval class designed to get you into shape quickly. Bring a towel and water, and be prepared to work hard! First timer attendees will need to fill out a waiver at front desk, please arrive 10-15 mins early to do so. Child care is available, please see front desk about rates for this service. Offered Tuesday and Thursdays at noon.

## **Wednesdays**

Walk in Gleason Park with Indian Harbour Beach Mayor Dave Panicola from 6:00 -6:30 Monday's and Wednesday's throughout the challenge. Meet at the boardwalk area in Gleason Park 1233 Yacht Club Blvd.

## **Thursdays**

Cardio Kickboxing with Shannon combines boxing, various martial arts and dance moves into an amazing full-body cardio/resistance interval workout set to great music. No gloves or experience necessary. Bring water and a towel—you are going to sweat!! 9:00 am at Fitness On Fifth (145 5th Avenue, Indialantic)

Beginners Power Yoga with Mindy at 714 S Patrick Dr, Satellite Beach.

Blitz with Troy at noon. (See above for details)

Zumba Fitness with Shannon is a high-energy, calorie-torching dance/fitness workout that will leave you fitter AND happier than when you first walked in! NO dance or fitness experience necessary—just bring water, a towel, and prepare to join the party!! At 6 pm at South Beach Fitness. Ages 14 and up are welcome. First timer attendees will need to fill out a waiver at front desk, please arrive 10-15 mins early to do so.

## **Fridays**

Join City Manager Courtney Barker for a walk with your dog at the Satellite Beach Dog Park every Friday at 5:00 pm for a few laps around the track.

## **February Special Events**

February 9-11 4th Annual Locals Only SurFest -The 4th Annual Locals Only SurFest is sponsored by the City of Satellite Beach, Villon Clothing and Long Doggers consists of 160 surfers including Pro, Long board, Ladies, and Groms. Competition participants must be a Brevard County Resident to enter, with an exception of 10 slots for competitors outside the area. New this year, a Pro-Am Skate event at the Satellite Beach Skate Park on Friday night, coinciding with surf competition check-in. Follow the SurFest Facebook page for updates and details.

February 17 Samsons Island Annual Open House -Experience Satellite Beach's very own nature preserve by visiting Samsons Island. Explore the island's trails in hopes of seeing some of the abundant

wildlife & enjoy a free, light picnic lunch. Demonstrations will be on-going, and visitors can enjoy programs including: conservation education, kayaking, bird watching and more! FREE boat transportation reservations between 9:30am-2pm must be made in advance by calling (321) 773-6458. Spaces are limited, RSVP early!

February 18 –Sunrise Walk with Bob Gabordi from Florida Today. Meet at the Pelican Beach Clubhouse for a sunrise walk to Hightower (or so) and back.

February 24 2nd Annual DeLaura Dash 5K -DeLaura's PTO invites you to our DeLaura Dash 5k, as we race to raise funds for a new digital marquee at our school. Winner medals for each age group. Commemorative finisher medals available for purchase. Registration: Students/Faculty \$15; Early Bird \$20 (by 2/9/18); Day-of \$30. Register at: <http://bit.ly/delaurapto>. Race begins at 8am!

### **March Special Events**

March 3 Move Your Mutt 2 Miler -Join other dog-lovers to run, walk or wag your tail 2 miles(ish) through the surrounding neighborhood. Begins and ends at our own E. Lorraine Gott Dog Park. The Pawfect start to your day! Move Your Mutt supports Brevard ASAP (Aiding Shelter Animals Project). For more information visit: <http://uprunningracemanagement.com/move-your-mutt-2-miler/>.

March 10 Big Truck Day -So many BIG trucks – so little time! Fire trucks, dump trucks, cement mixer and more will be on hand for kids to explore, climb on, sit in and experience what it's like to be in the driver's seat. An adult must accompany kids. This FREE event is held in the parking lot of DRS Community Center from 10am-2pm. A horn-free hour, 10-11am, will make the event more enjoyable for children with special needs and/or sensitive ears. Refreshments will be available for purchase from the SB Lions Club.

March 14 Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. There will be a craft available for after class too!

March 17 2nd Annual Garden Fair -Join us at the 2nd Annual Garden Fair, hosted by the Satellite Beach Beautification Board at the DRS Community Center from 9am-2pm. This family friendly, outdoor fair will promote nature and nurturing our environment while beautifying our surroundings. Vendors will be on hand showcasing garden related products and educational displays. Beautification Board members will be there to answer questions. Funds raised benefit city improvements.

March 24 Jazz in the Park -Kick back, relax and enjoy a delightful family afternoon of jazz music featuring the renowned Satellite High School '0' Hour Jazz Band, Saturday, March 24, from 1-4pm at Pelican Beach Park. Park pavilions will provide sun cover and seating. You may bring your own blankets

or chairs. Food and drinks will be available for purchase. The event is free to the public. Donations will be accepted for the SHS Music Program.

March 29 Flashlight Easter Egg Hunt -Children in 1st-6th grades hunt unassisted at this exciting night time event. Bags will be provided for your eggs, but bring your own flashlight. The cost is \$7/child and tickets must be purchased at the SB Recreation Dept by 5pm March 29. Arrive at the DeSoto Field by 8:45pm. The hunt will begin promptly at 9pm. Buy your tickets early, this event sells out!

March 31 Breakfast with the Easter Bunny -Infants through 1st grade will enjoy snack and juice, hunt for eggs, and watch the Easter Bunny arrive on the Fire Truck. This event is held at 10am at Pelican Beach Park. The cost is \$7/child, and tickets are purchased in advance at the SB Recreation Department. Don't wait, this event sells out every year!

### **April Special Events**

April 7 Hook Kids on Fishing -The 7th Annual Hook Kids on Fishing is coming to Satellite Beach! Youth will meet at the SB Library ponds at 8:30am to sign in. The program begins at 9am and ends at approximately 11am. There will be instruction on casting, fishing techniques, habitat restoration, conservation, knot tying and more! This FREE event for 6-16 year olds is sponsored by the Anglers For Conservation. Pre-registration is required by April 6th by calling SB Recreation, (321)773-6458. A parent is required to stay with children. Adult volunteers are needed, please call the Rec Dept if you have fishing experience and would like to volunteer!

April 11 Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. There will be a craft available for after class too!

April 14 TWLOHA Run For It 5k -We invite you to join the non-profit To Write Love on Her Arms for their 6th Annual Run For It 5k. This run is an invitation to move for something that matters and to challenge the stigma of mental health issues in our community. The race starts at the DRS Community Center. To register or find out more about the race visit [www.runforit5k.com](http://www.runforit5k.com).

April 21 Relay for Life of South Brevard Beaches -Satellite High School Stadium is the host site for the annual American Cancer Society's Relay for Life. The Relay is the signature fundraiser for the American Cancer Society and raises money for cancer research along with free programs and services offered locally. For information contact Andrea Boudine at (321)253-0361 x 5757 or visit [www.relayforlife.org/southbrevardbeachesfl](http://www.relayforlife.org/southbrevardbeachesfl).

ALSO.. City Field Day! Details Coming soon!