



Active Adults 55+ Fitness Calendar 2026

APRIL 20- MAY 8

All classes are bilingual (English/Español)

Tuesday Shenandoah Park 1800 SW 21st Ave. Miami, Fl 33145	Wednesday Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Thursday Coral Gate 1415 SW 32 Ave Miami, Fl 33145 10:am Chairs 11:00 am: Stretching	Friday Jose Marti Gymnasium (Dance Room) 434 SW 3rd Ave. Miami, Fl 33129
10:00am Chair Exercise 11:00am Zumba Gold	10:00am Chair Exercise 11:00am Zumba Gold	Shenandoah Park 1800 SW 21st Ave. Miami, Fl 33145 1:00 pm Aerobics	10:00am Stretching

For more information email fitness@miamigov.com.
Contact your local park for additional class details.