



Active Adults 55+ Fitness Calendar

AUGUST 5- AUGUST 30

All classes are bilingual (English/Español)

Monday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Tuesday <u>In Person</u> Shenandoah Park 1800 SW 21st Ave. Miami, Fl 33145	Wednesday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Friday <u>In- Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3rd Ave. Miami, Fl 33129
10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 1:15pm Full Body Workout	9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold1 12:00pm Stretching	10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 1:15pm Chair Yoga	10:00am Senior Circuit Training 11:00am Stretching

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