



Active Adults 55+ Fitness Calendar

April 9, 16, 23, & 30 | May 7, 14, 21 & 28

All classes are bilingual (English/Español)



Thursday's

In Person

Coral Gate Park
1415 SW 32 Ave
Miami, FL 33145

10:00am Chair Exercise
11:00am Stretching



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