



Active Adults 55+ Fitness Calendar

FEBRUARY 5- MARCH 1

NO CLASSES MONDAY 19: President's Day

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 21 st 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 3 rd Ave. Miami, FL 33129
10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 1:15 pm <u>Full Body Workout</u>	9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold1 12:00pm Stretching	10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 1:15pm <u>Chair Yoga</u>	10:00am <u>Senior Circuit Training</u> 11:00am <u>Stretching</u>

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