



## Active Adults 55+ Fitness Calendar

**JUNE 3-JUNE 28**

**All classes are bilingual (English/Español)**

**NO CLASS WEDNESDAY 19 JUNETEEN**

<b>Monday</b> <u>In-Person</u> <b>Jose Marti Gymnasium</b> <b>(Dance Room)</b> <b>434 SW 3 Ave.</b> <b>Miami, FL 33130</b>	<b>Tuesday</b> <u>In Person</u> <b>Shenandoah Park</b> <b>1800 SW 21<sup>st</sup> Ave.</b> <b>Miami, Fl 33145</b>	<b>Wednesday</b> <u>In-Person</u> <b>Jose Marti Gymnasium</b> <b>(Dance Room)</b> <b>434 SW 3 Ave.</b> <b>Miami, FL 33130</b>	<b>Friday</b> <u>In- Person</u> <b>Jose Marti Gymnasium</b> <b>(Dance Room)</b> <b>434 SW 3<sup>rd</sup> Ave.</b> <b>Miami, Fl 33129</b>
10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 1:15 pm 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](mailto:fitness@miamigov.com).**

**Contact your local park for additional class details.**