



MAYOR FRANCIS SUAREZ

MAYOR'S FITNESS INITIATIVE

FREE FITNESS CLASSES
STEP INTO NEW HABITS

April 1, 2024 to May 25, 2024

Once a week session / 50-60 minutes classes

Elizabeth Virrick Park: 3255 Plaza Street

Aerobics Classes: 8:30AM - 9:30AM

Mondays: 4/1/24, 4/8/24, 4/15/24, 4/22/24, 4/29/24,
5/6/24, 5/13/24, 5/20/24

Henderson Park: 950 NW 3 Street

Cardio Dance on Beats Classes: 6:00PM - 7:00PM

Tuesdays: 4/2/24, 4/9/24, 4/16/24, 4/23/24, 4/30/24,
5/7/24, 5/14/24, 5/21/24

Shenandoah Park: 1800 SW 21 Ave

Crossfit Classes: 6:30PM - 7:30PM

Wednesdays: 4/3/24, 4/10/24, 4/17/24, 4/24/24, 5/1/24
5/8/24, 5/15/24, 5/22/24

Charles Hadley Park: 1300 NW 50 Street

Cardio & Core 5:00PM - 6:00PM

Boot Camp: 6:00PM - 7:00PM

CaribbeanX Dance: 7:00PM - 8:00PM

Wednesdays: 4/3/24, 4/10/24, 4/17/24, 4/24/24
5/1/24, 5/8/24, 5/15/24, 5/22/24