

ACTIVE ADULTS 55+



9:00 AM CARDIO DANCE
10:00 AM STRETCHING

TUESDAYS AT
CHARLES HADLEY
PARK
1350 NW 50 ST

11:00 AM SALSA

TUESDAYS AT WEST
END PARK
6030 SW 2ND ST

1:00 PM SALSA

WEDNESDAYS AT
ANTONIO MACEO
PARK
5135 NW 7TH ST

9:00AM CARDIO DANCE
10:00 AM STRETCHING

THURSDAYS
CHARLES HADLEY
PARK 1350 NW 50 ST

9:00AM CHAIR EXERCISE
10:00AM STRETCHING
11:00AM LINE DANCING

CORAL GATE PARK
1415 SW 32 AVE

1:00PM LINE DANCING

SHENANDOAH PARK
1800 SW 21 AVE.