



Active Adults 55+ Fitness Calendar

NOVEMBER 4- NOVEMBER 29

NO CLASS MONDAY 14- VETERANS DAY

THURSDAY 28 and FRIDAY 29 (THANKSGIVING)

All classes are bilingual (English/Español)

<p>Monday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130</p>	<p>Tuesday <u>In Person</u> Shenandoah Park 1800 SW 21st Ave. Miami, FL 33145</p>	<p>Wednesday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130</p>	<p>Friday <u>In- Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3rd Ave. Miami, FL 33129</p>
<p>10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 1:15 pm Full Body Workout</p>	<p>9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching</p>	<p>10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 1:15pm Chair Yoga</p>	<p>10:00am Senior Circuit Training 11:00am Stretching</p>

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