



**Active Adults 55+ Fitness Calendar 2025**

**FEBRUARY 3=FEBRUARY 28**

**NO CLASS MONDAY 17 PRESIDENTS' DAY**

All classes are bilingual (English/Español)

| <p><b>Monday</b><br/><b><u>In-Person</u></b><br/>Jose Marti Gymnasium<br/>(Dance Room)<br/>434 SW 3 Ave.<br/>Miami, FL 33130</p> | <p><b>Tuesday</b><br/><b><u>In Person</u></b><br/>Shenandoah Park<br/>1800 SW 21<sup>st</sup> Ave.<br/>Miami, Fl 33145</p> | <p><b>Wednesday</b><br/><b><u>In-Person</u></b><br/>Jose Marti Gymnasium<br/>(Dance Room)<br/>434 SW 3 Ave.<br/>Miami, FL 33130</p> | <p><b>Friday</b><br/><b><u>In- Person</u></b><br/>Jose Marti Gymnasium<br/>(Dance Room)<br/>434 SW 3<sup>rd</sup> Ave.<br/>Miami, Fl 33129</p> |
|--|--|---|--|
| <p>10:00am Chair Exercise<br/>11:00am Zumba Gold<br/>12:00pm Stretching<br/>1:15 pm Full Body Workout</p>                        | <p>9:00 am Chair Exercise<br/>10:00am Chair Exercise<br/>11:00am Zumba Gold<br/>12:00pm Stretching</p>                     | <p>10:00am Chair Exercise<br/>11:00am Zumba Gold<br/>12:00pm Stretching<br/>1:15pm Chair Yoga</p>                                   | <p>8:30am Walking Club<br/>10:00am Senior Circuit Training<br/>11:00am Stretching</p>  |

For more information email [fitness@miamigov.com](mailto:fitness@miamigov.com).  
Contact your local park for additional class details.