



## Active Adults 55+ Fitness Calendar

**JULY 1- AUGUST 2**

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

<b>Monday</b> <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	<b>Tuesday</b> <u>In Person</u> Shenandoah Park 1800 SW 21 <sup>st</sup> Ave. Miami, FI 33145	<b>Wednesday</b> <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	<b>Friday</b> <u>In- Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 <sup>rd</sup> Ave. Miami, FI 33129
10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 1:15 pm <u>Full Body Workout</u>	9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold1 12:00pm Stretching	10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 1:15pm <u>Chair Yoga</u>	10:00am <u>Senior Circuit Training</u> 11:00am <u>Stretching</u>

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