



MAYOR FRANCIS SUAREZ

MAYOR'S FITNESS INITIATIVE

FREE FITNESS CLASSES
STEP INTO NEW HABITS

1/13/25 – 3/15/25

Once a week session / 45-60 minutes classes
(No classes on federal holidays)



Legion Park: 6447 NE 7th Ave.
10:00am – Yoga

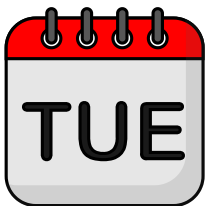
Douglas Park: 2755 SW 37 Ave.
4:45pm – Circuit Training



Charles Hadley Park: 1350 NW 50 St.
9:00am – Cardio Dance
10:00am – Stretching

Coral Gate Park: 1415 SW 32 Ave
10:00am – Chair Exercise
11:00am – Stretching

Shenandoah Park: 1800 SW 21 Ave
1:00pm – Salsa



Charles Hadley Park: 1350 NW 50 St.
9:00am – Cardio Dance
10:00am – Stretching

Williams Park: 1717 NW 5 Ave
6:30pm – Cardio Dance



Antonio Maceo Park: 5135 NW 7th Street
1:00pm – Salsa

Williams Park: 1717 NW 5 Ave
6:00pm - Circuit Training
7:00pm – Circuit Training

Shenandoah Park: 1800 SW 21 Ave
6:30pm – CrossFit



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6:30pm – CrossFit