



MAYOR FRANCIS SUAREZ

# MAYOR'S FITNESS INITIATIVE

**FREE FITNESS CLASSES**  
*STEP INTO NEW HABITS*

*June - July 2024*

**Once a week session / 50-60 minutes classes**

**Williams Park** 1717 NW 5 Ave.

**Cardio Dance on Beats 6:30PM - 7:30PM**

**Tuesdays:** 6/11/24, 6/18/24, 6/25/24, 7/02/24, 7/09/24, 7/16/24  
7/23/24, 7/30/24

**Circuit Training: 6:00PM - 7:00PM and 7:00PM - 8:00PM**

**Wednesdays:** 6/12/24, 6/26/24, 7/03/24, 7/10/24, 7/17/24  
7/24/24, 7/31/24, 8/07/24

**Shenandoah Park:** 1800 SW 21 Ave

**Crossfit Classes: 6:30PM - 7:30PM**

**Wednesdays:** 6/12/24, 6/26/24, 7/03/24, 7/10/24, 7/17/24  
7/24/24, 7/31/24, 8/07/24

**Charles Hadley Park:** 1300 NW 50 Street

**Wednesdays:** 6/12/24, 6/26/24, 7/03/24, 7/10/24, 7/17/24,  
7/24/24, 7/31/24, 8/07/24

**Cardio & Core: 5:00PM - 6:00PM**

**Bootcamp: 6:00PM - 7:00PM**

**CaribbeanXDance: 7:00PM - 8:00PM**