



MAYOR FRANCIS SUAREZ

MAYOR'S FITNESS INITIATIVE

FREE FITNESS CLASSES
STEP INTO NEW HABITS

October 14 – December 12, 2024

Once a week session / 50-60 minutes classes (No classes on federal holidays)

Tuesdays

Robert King High Park: 7025 W Flagler St.
6:00pm – CrossFit

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

Wednesdays

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

Grapeland Heights Park: 1550 NW 37th Ave
6:30pm – CrossFit

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

Fridays

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