



Active Adults 55+ Fitness Calendar

JANUARY 2 - JANUARY 31

NO CLASSES MONDAY 16: Martin Luther King Jr. Day

All classes are bilingual (English/Español)

Monday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Tuesday <u>In Person</u> Shenandoah Park 1800 SW 21 st Ave. Miami, Fl 33145	Wednesday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Thursday <u>Virtual</u> Password: miamiparks	Friday <u>In- Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 rd Ave. Miami, Fl 33129
10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 2:00pm <u>Full Body Workout</u>	9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching	10:00am <u>Chair Exercise</u> 11:00am <u>Zumba Gold</u> 12:00pm <u>Stretching</u> 2:00pm <u>Chair Yoga</u>	10:00am Chair Exercise Meeting ID 914 7727 5297 11:00am Full Body Workout Meeting ID 979 8904 3253 12:00pm Stretching Meeting ID 958 1461 4879	10:00am <u>Senior Circuit Training</u> 11:00am <u>Stretching</u>

For more information email fitness@miamigov.com.

Contact your local park for additional class details.