



Active Adults 55+ Fitness Calendar

July 7/1/22 – August 8/15/22

All classes are bilingual (English/Español)

NO CLASS— 7/04/22 Independence Day

Monday In-Person Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Tuesday Virtual <u>Password: miamiparks</u>	Wednesday In-Person Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Thursday Virtual <u>Password: miamiparks</u>	Friday In- Person Jose Marti Gymnasium (Dance Room) 434 SW 3 rd Ave. Miami, FL 33129
10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Full Body Workout <div style="background-color: red; color: white; text-align: center; padding: 2px;">eventbrite</div>	10:00am Chair Exercise Meeting ID 914 7727 5297 11:00am Zumba Gold Meeting ID 928 1496 7261 12:00pm Stretching Meeting ID 958 1461 4879	10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Chair Yoga <div style="background-color: red; color: white; text-align: center; padding: 2px;">eventbrite</div>	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 Senior Circuit Training 11:00am Stretching <div style="background-color: red; color: white; text-align: center; padding: 2px;">eventbrite</div>

For more information email fitness@miamigov.com.

Contact your local park for additional class details.