



Active Adults 55+ Fitness Calendar

January 10, 2022 – January 31, 2022

All classes are bilingual (English/Español)

NO CLASSES 1/17/22 Martin Luther King

Monday In-Person Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Tuesday <u>Virtual</u> <u>Password: miamiparks</u>	Wednesday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Thursday <u>Virtual</u> <u>Password: miamiparks</u>	Friday In- Person Jose Marti Gymnasium (Dance Room) 434 SW 3 rd Ave. Miami, Fl 33129	Friday In-Person Antonio Maceo Park 5135 NW 7 St. Miami, FL 33126
10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Aerobics <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 Zumba Gold Meeting ID 928 1496 7261 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>	Happy Hours 1:00pm-2:30pm

For more information email fitness@miamigov.com.

Contact your local park for additional class details.