



## Active Adults 55+ Fitness Calendar

**May 5/1/22 – 5/31/22**

**All classes are bilingual (English/Español)**

**NO CLASS— 5/30/22 Memorial Day**

<b>Monday</b> <b>In-Person</b> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	<b>Tuesday</b> <b>Virtual</b> <b>Password: miamiparks</b>	<b>Wednesday</b> <b>In-Person</b> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	<b>Thursday</b> <b>Virtual</b> <b>Password: miamiparks</b>	<b>Friday</b> <b>In- Person</b> Jose Marti Gymnasium (Dance Room) 434 SW 3 <sup>rd</sup> Ave. Miami, FL 33129
10:00am <a href="#">Chair Exercise</a> 11:00am <a href="#">Zumba Gold</a> 12:00pm <a href="#">Stretching</a> 2:00pm <a href="#">Full Body Workout</a> <div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>eventbrite</b></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 <a href="#">Chair Exercise</a> 11:00am <a href="#">Zumba Gold</a> 12:00pm <a href="#">Stretching</a> 2:00pm <a href="#">Chair Yoga</a> <div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>eventbrite</b></div>	10:00am Chair Exercise Meeting ID 914 7727 5297 11:00am Full Body Workout Meeting ID 977 8904 3253 12:00pm Stretching Meeting ID 958 1461 4879	10:00am <a href="#">Senior Circuit Training</a> 11:00am <a href="#">Stretching</a> <div style="background-color: red; color: white; text-align: center; padding: 2px;"><b>eventbrite</b></div>

**For more information email [fitness@miamigov.com](mailto:fitness@miamigov.com).**

**Contact your local park for additional class details.**