



Active Adults 55+ Fitness Calendar

September 9/1/22 – September 9/30/22

All classes are bilingual (English/Español)

NO CLASS — 9/05/22 Labor Day

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: <u>miamiparks</u>	Friday <u>In- Person</u> 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	9:00 am Chair Exercise 10:00am Chair Exercise 11:00am Zumba Gold1 12:00pm Stretching	10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Chair Yoga	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

For more information email fitness@miamigov.com.

Contact your local park for additional class details.