



1/1/19

For more information email: fitness@miamigov.com

Classes Resume 1/13/19

	Charles Hadley 1300 NW 50 St. Miami, FL 33142 (305) 960-4690	Coral Gate 1415 SW 32 Ave. Miami, FL 33145 (305) 960-5130	Grapeland 1550 NW 37 Ave. Miami, FL 33125 (305) 960-2960	Henderson Park 950 NW 3 St. Miami, FL 33126 (305) 575-5010	Jose Marti Gymnasium 434 SW 3 Ave. Miami, FL 33130 (305) 960-2941 or 2940
Forever Young	Tuesday TBA Partnership Classes *February 2019	Friday 10:00am-10:45am (Chair) 11:00am-11:45am (Zumba)			
Zumba				Monday Effective 1/28/19 6:30pm	Saturday Effective 1/26/19 9:00am
Boot Camp	Monday/Wednesday 6:30pm (Low Intensity) 7:30pm (High Intensity)		Tuesday/Thursday 6:30pm (Low Intensity) 7:30pm (High Intensity)		

FREE FITNESS CLASSES





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	Juan Pablo Duarte 1776 NW 28 St. Miami, FL 33142 (786) 512-5678	Little Havana NET/ Coral Way Community Ctr. 1300 SW 12 Ave. Miami, FL 33129 (305) 960-4650	Riverside Park 799 SW 4th St. Miami, FL 33130	Shenandoah 1800 SW 21 Ave. Miami, FL 33145 (305) 859-2702
Forever Young		Monday/Wednesday 12:30pm-1:15pm (Zumba) 1:30pm-2:15pm (Stretch) Thursday 10:00am-10:45am (Chair) 11:00am-11:45am (Zumba)		Monday/Wednesday 10:00am-10:45am (Chair) 11:00am-11:45am (Zumba)
Zumba				
Boot Camp	Tuesday/Thursday 9:00am (Low Intensity) 10:00am (High Intensity) Saturday 9:00am Upper Body 10:00am Lower Body 11:00am Core		Thursday 4:30pm-5:00pm (Express) 5:15pm-5:45pm (Express) 6:00pm-7:00pm (Total Body)	Monday/Wednesday 6:30pm (Low Intensity) 7:30pm (High Intensity) 8:30pm (FitMix & Core)

FREE FITNESS CLASSES

