



TEENS
&
ADULTS

FREE
EXERCISE
CLASSES

FITNESS IN THE PARK SERIES

GET MOVING WITH OUR 5-MONTH FITNESS SERIES JANUARY 2025 - MAY 2025.
A SERIES OF FREE EXERCISE CLASSES DESIGNED TO ENCOURAGE TEENS &
ACTIVE ADULTS TO STAY ON TRACK WITH THEIR FITNESS GOALS.

Full Body Workout with Certified Fitness Trainer Jacob Hasbrouck

CLASSES START JANUARY 4, 2025



Saturday
1st & 3rd Saturday/month



Start From
09:00am

Constitution Park
97th ST and Park Dr



305-758-8103

for more information contact Parks and Recreation Dept.
(In the event of rain, session will be canceled)

Fitness Series is sponsored by



**MIAMI SHORES
COMMUNITY ALLIANCE**
A FOUNDATION FOR ENHANCING VILLAGE LIFE