



MAYOR FRANCIS SUAREZ

# MAYOR'S FITNESS INITIATIVE

**FREE FITNESS CLASSES**  
*STEP INTO NEW HABITS*

***August 12 – September 27, 2024***

**Once a week session / 50-60 minutes classes**

**Williams Park** 1717 NW 5 Ave.

**Cardio Dance on Beats 6:30PM - 7:30PM**

**Tuesdays:** 8/13/24, 8/20/24, 8/27/24, 9/3/24, 9/10/24, 9/17/24, 9/24/24

**Circuit Training: 6:00PM - 7:00PM and 7:00PM - 8:00PM**

**Wednesdays:** 8/14/24, 8/21/24, 8/28/24, 9/04/24, 9/11/24,  
9/18/24, 9/25/24

**Shenandoah Park:** 1800 SW 21 Ave

**Crossfit Classes: 6:30PM - 7:30PM**

**Wednesdays:** 8/14/24, 8/21/24, 8/28/24, 9/04/24, 9/11/24,  
9/18/24, 9/25/24

**Fridays:** 8/16/24, 8/23/24, 8/30/24, 9/6/24, 9/13/24  
9/20/24, 9/27/24

**Charles Hadley Park:** 1300 NW 50 Street

**Cardio Dance on Beats (65+ Seniors)**

**Thursdays:** 8/14/24, 8/21/24, 8/28/24, 9/4/24, 9/11/24, 9/18/24, 9/25/24