

Exercise Classes Are Back!

*New Location

Our Lady of the Holy Rosary-

Palmetto Bay Park

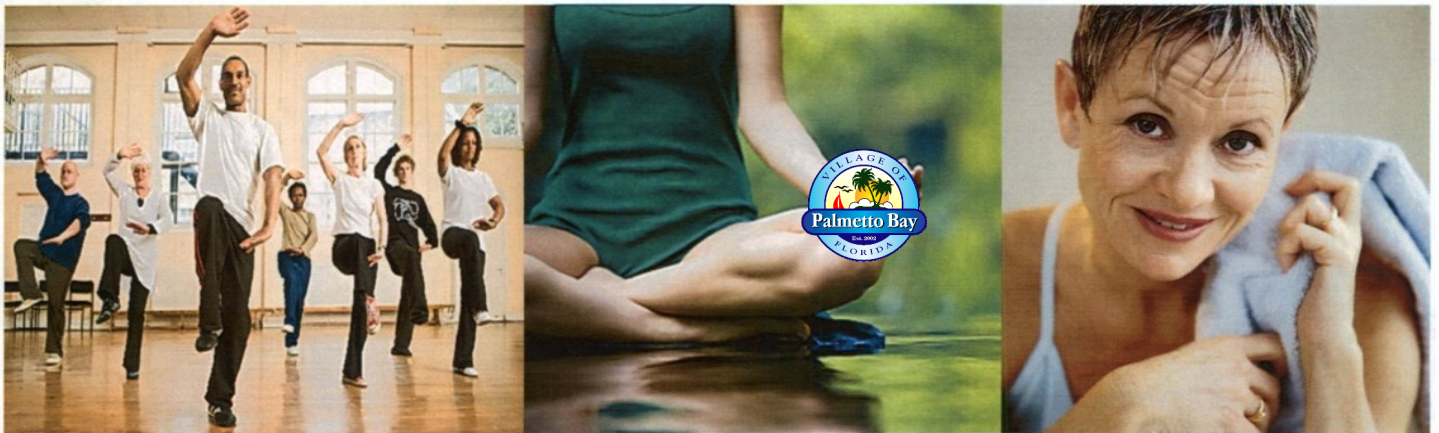
St. Richard Catholic Church

Recreation Room

Youth Center

17535 SW 95 Avenue

7500 SW 152nd ST



*Mondays: Stretch and Relaxation 9:30am-10:30am

*Tuesdays: Cardio Pump 10a-11am, Trim & Fit 11a-12pm

Wednesdays: Stretch & Relaxation 9:30am-11pm (Palmetto Bay Park)

*Thursdays: Dance Aerobics 10am-11am, Trim & Fit 11am-12pm

Fridays: Stretch & Relaxation 9:30am-11pm (Palmetto Bay Park)

For more information email community@baptisthealth.net or call 786-596-7044

