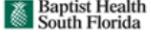


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Park Facility Rental: 305-253-8655 www.palmettobay-fl.gov</p>  <p>Bike Rentals at Coral Reef Park</p> 	<p>1</p> <p>Stretch & Relaxation at Coral Reef 9:30-10:30am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Surround yourself with those who CHALLENGE YOU PUSH YOU and MOTIVATE YOU</p>	<p>2</p> <p>Cardio Pump at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Fit2Run Weekly Fun Run featuring Adidas Oure Boost X Launch Demo -6:30pm -Meet at Fit2Run Store @Dadeland Mall</p> 	<p>3</p> <p>Yoga at Coral Reef 9-10am</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Zumba at Coral Reef 10-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Nutrition: In the Kitchen with Our Experts: 6:30-8:30pm @Baptist Hospital Auditorium</p> <p>(8950 N. Kendall Dr.)</p> <p>RSVP: Programs@BaptistHealth.net</p> 	<p>4</p> <p>Dance Aerobics at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>FEBRUARY 3RD</p> <p>Fitness: Liv Women's Bike Night February 3rd * 7pm @ Mack Cycle (5995 Sunset Drive)</p> 	<p>5</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>I can. I will. End of story.</p> 	<p>6</p> <p>Saturday Bike Rides with Everglades Bicycle Club</p> <p>7:30am</p> <p>Visit: www.evergladesbc.com</p> <p>For ride details</p> 
<p>7</p> <p>Sunday Bike Ride with Mayor Flinn</p> <p>Meet at Starbucks-Old Cutler Road & 168th St @ 7:30am/Ride at 8am</p>  <p>*Yoga by the Bay 9:30am at Thalatta visit www.palmettobay-fl.gov for Registration Information</p> 	<p>8</p> <p>Stretch & Relaxation at Coral Reef 9:30-10:30am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>FEBRUARY 9th</p> <p>Fit2Run Weekly Fun Run-6:30pm -Meet at Fit2Run Store @Dadeland Mall</p> 	<p>9</p> <p>Cardio Pump at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Fitness: Benefits of Exercise: Prevention, Healing & Recovery 1:00-2:30pm @Baptist Health Resource Center</p> <p>(8950 N. Kendall Dr., Medial Arts Building-Suite#105)</p> <p>RSVP: Programs@BaptistHealth.net</p> 	<p>10</p> <p>Yoga at Coral Reef 9-10am</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Zumba at Coral Reef 10-11am</p> <p>Nutrition: Munch & Mingle with booking signing of Rip Esselstyn.</p> <p>Creator & Author of the national best-selling book, The Engine 2 Diet® — a practical guide for eating Plant-Strong®</p> <p>7-9pm @ Coral Gables Whole Foods (7601 Red Road)</p> 	<p>11</p> <p>Dance Aerobics at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>MDI Basketball at Palmetto</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Wellness Workshop-Introduction to Acupuncture -5 Elements Theory 8pm @ Affordable Acupuncture (17045 S Dixie Hwy)</p> 	<p>12</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>FITNESS: A LIFESTYLE WITH NO FINISH LINE.</p> 	<p>13</p> <p>Fitness Classes at Coral Reef Park & Palmetto Bay Park offered by: Baptist Health South Florida</p>  
<p>14</p> <p>If it doesn't CHALLENGE you it doesn't CHANGE you</p>	<p>15</p> <p>Stretch & Relaxation at Coral Reef 9:30-10:30am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p>	<p>16</p> <p>Cardio Pump at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Fit2Run Weekly Fun Run-6:30pm -Meet at Fit2Run Store @Dadeland Mall</p> 	<p>17</p> <p>Yoga at Coral Reef 9-10am</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Zumba at Coral Reef 10-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p>	<p>18</p> <p>Dance Aerobics at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>PAIN IS JUST WEAKNESS LEAVING YOUR BODY</p>	<p>19</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Soccer at Coral Reef Park</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p>	<p>20</p> <p>A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i></p> 
<p>21</p> <p>Sunday Bike Ride with Mayor Flinn</p> <p>Yoga by the Bay 9:30am at Thalatta visit www.palmettobay-fl.gov for Online registration</p> <p>Pedal Adventure</p> <p>*\$25 -Visit www.palmettobay-fl.gov for online registration</p>	<p>22</p> <p>Stretch & Relaxation at Coral Reef 9:30-10:30am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>FEBRUARY 21st</p> <p>Fitness: MACK Cycle Women's Sunday Ride February 21st * 7am @ Mack Cycle (5995 Sunset Drive)</p> 	<p>23</p> <p>Cardio Pump at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Fit2Run Weekly Fun Run featuring ASICS Demo -6:30pm -Meet at Fit2Run Store @Dadeland Mall</p>	<p>24</p> <p>Yoga at Coral Reef 9-10am</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Zumba at Coral Reef 10-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p>	<p>25</p> <p>Dance Aerobics at Coral Reef 11am-12pm</p> <p>Trim & Fit at Coral Reef 12-1pm</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>THE BODY ARCHIVES WHAT THE MIND BELIEVES</p>	<p>26</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30-11am</p> <p>Tennis Lessons at Coral Reef Park 8am-12pm & 3-9pm</p> <p>Tennis Date Night @ Coral Reef Park 5-8pm</p>	<p>27</p> <p>Fitness: Fit2Run Park Rendezvous 8am @ Coral Reef Park Gazebo (off of SW 77th Ave.)</p> <p>FIT2RUN Surf & Turf - Kayak Boot Camp at Coral Reef Park</p>  
<p>28</p> <p>FEBRUARY 28, 2016 8am \$5 OFF Race Registration for Mayor's 7-Week Fitness Challenge</p> <p>Participants-Race on Feb. 28th @ Coral Reef Park</p> 	<p>29</p> <p>Stretch & Relaxation at Coral Reef 9:30-10:30am</p>	<p>1</p> <p>DEADLINE: Mayor's 7-Week Fitness Challenge</p>	<p>2</p>	<p>3</p> <p>MARCH</p>	<p>4</p> <p>30% Gym 70% Diet</p> <p>Ab's are made in the kitchen not in the Gym</p>	<p>5</p> <p>14th Annual Picnic Celebration-Coral Reef Park 11am-2pm</p> <p>GET FIT</p> <p>Mayor's 7-Week Fitness Challenge: Top Male/Female Winner Announced</p>
<p>TENNIS</p> <p>305-253-8655</p> <p>*Denotes Online Registration</p> <p>Now available at www.palmettobay-fl.gov</p> 	<p>Coral Reef Park: 7895 SW 152 Street Palmetto Bay Open Daily: Sunrise to Sunset Tennis 8am to 10pm 305-235-1593</p> <p>** Park contains a walk path & Outdoor fitness equipment</p>	<p>Palmetto Bay Park: 17535 SW 95 Ave Palmetto Bay Open: M-Sat 8am to 9pm Sun 8am to 8pm 305-251-2751</p> <p>** Park contains a walk path & Outdoor fitness equipment</p>	<p>Thalatta Estate: 17301 Old Cutler Road Palmetto Bay Sun-Thurs. 8am -5pm Fri & Sat 9am to 2pm www.thalattaestate.com 305-234-6383</p>	<p>Perrine Wayside Park: 16425 So. Dixie Highway Palmetto Bay, Open Daily: 8am to Sunset 305-259-1234</p>	<p>Ludovici Park: 17641 Old Cutler Road Palmetto Bay Open Daily: Sunrise to Sunset 305-234-6383</p>	<p>IF YOU PUT IN THE TIME+ EFFORT YOU WILL SEE THE RESULTS</p>

*Times and dates subject to change

