

GET FIT



January 2016

IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>Bike Rentals at Coral Reef Park</p>	<p>Park Facility Rental: 305-253-8655 www.palmettobay-fl.gov</p>	<p>Saturday Bike Rides with Everglades Bicycle Club 7:30am Visit: www.evergladesbc.com For ride details</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>Wellness Workshop- Getting Through Breast Cancer : January 27th 12-1pm @ Baptist Health Resource Center (8950 N. Kendall Dr.) RSVP: Programs@BaptistHealth.net</p>	<p>Yoga Fusion at Palmetto Bay Park 9:30am</p>	<p>SMALL DAILY IMPROVEMENTS ARE THE KEY TO STAGGERING LONG-TERM RESULTS</p>
<p>3</p>	<p>4</p> <p>Yoga at Coral Reef 9am</p>	<p>5</p> <p>Cardio Pump at Coral Reef 11am Aerobics at Coral Reef at 12 pm Fit2Run Weekly Fun Run-6:30pm –Meet at Fit2Run Store @Dadeland Mall</p>	<p>6</p> <p>Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am</p>	<p>7</p> <p>Dance Aerobics at Coral Reef 11am Aerobics at 12pm</p>	<p>8</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30am</p>	<p>9</p> <p>Fitness Classes at Coral Reef Park & Palmetto Bay Park offered by: Baptist Health South Florida</p>
<p>10</p> <p>KICKOFF Sunday, January 10th 9:00 am-12:00 pm Coral Reef Park 7895 SW 152 Street</p> <p>Yoga by the Bay 9:30am at Thalatta</p>	<p>11</p> <p>Yoga at Coral Reef 9am</p>	<p>12</p> <p>Cardio Pump at Coral Reef 11am Aerobics at Coral Reef at 12 pm Fit2Run Weekly Fun Run featuring Mizuno Demo -6:30pm –Meet at Fit2Run Store @Dadeland Mall</p>	<p>14</p> <p>Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am</p>	<p>14</p> <p>Dance Aerobics at Coral Reef 11am Aerobics at 12pm Nutrition Workshop-Full-Time Fat Burning Machine 5:30pm @ Abundant Life Wellness Center (9040 SW 152nd St.)</p>	<p>15</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30am</p>	<p>16</p> <p>Surf & Turf – Kayak Boot Camp at Coral Reef Park</p> <p>Nature Postings</p> <p>DEADLINE: To enroll in Mayor's 7-Week Fitness Challenge</p> <p>http://www.palmettobay-fl.gov/content/get-fit-palmetto-bay-2016#Kick</p>
<p>Enrollment & Initial Wellness Assessment Period for Mayor's 7-Week Fitness Challenge Jan 10th-Jan 16th</p>						
<p>17</p> <p>Sunday Bike Ride with Mayor Flinn</p>	<p>18</p> <p>Yoga at Coral Reef 9am</p> <p>It will hurt. It will take time. It will require dedication. It will require willpower. You will need to make healthy decisions. It requires sacrifice. You will need to push your body to its max. There will be temptation. But, I promise you, when you reach your goal, it's worth it.</p>	<p>19</p> <p>Cardio Pump at Coral Reef 11am Aerobics at Coral Reef at 12 pm Fit2Run Weekly Fun Run 6:30pm –Meet at Fit2Run Store @Dadeland Mall</p>	<p>20</p> <p>Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am Fitness Workshop-It Can Be Life Changing! 7pm @ CrossFit Demand (17640 SW 97th Ave.)</p>	<p>21</p> <p>Dance Aerobics at Coral Reef 11am Aerobics at 12pm</p>	<p>22</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30am</p>	<p>23</p>
<p>24</p> <p>Sunday Bike Ride with Mayor Flinn</p> <p>Yoga by the Bay 9:30am at Thalatta</p>	<p>25</p> <p>Yoga at Coral Reef 9am</p>	<p>26</p> <p>Cardio Pump at Coral Reef 11am Aerobics at Coral Reef at 12 pm Fit2Run Weekly Fun Run featuring Nike Demo-6:30pm –Meet at Fit2Run Store @Dadeland Mall</p>	<p>27</p> <p>Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am Fitness Workshop-Runner's Injury Prevention & Performance Workshop 8am @ Coral Reef Park Rec. Room (7895 SW 152nd St.)</p>	<p>28</p> <p>Dance Aerobics at Coral Reef 11am Aerobics at 12pm Wellness Workshop-Introduction to Acupuncture & Yin Yang Theory 8pm @ Affordable Acupuncture (17045 S Dixie Hwy)</p>	<p>29</p> <p>Stretch & Relaxation at Palmetto Bay Park 9:30am</p>	<p>30</p> <p>Nutrition Workshop-Whole Foods Supermarket Tour @ 11am-11701 S Dixie Hwy, Pinecrest</p>
<p>31</p> <p>Paddle Adventure 8am Thalatta Park 305-234-6395 (by registration only)</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>TENNIS 305-253-8655</p>	<p>FEBRUARY 28, 2016 8am \$5 OFF Race Registration for Mayor's 7-week Fitness Challenge Participants- Race on Feb. 28th @ Coral Reef Park</p>

*Times and dates subject to change

