

# GET FIT



# January 2016

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Bike Rentals at Coral Reef Park 	 Park Facility Rental: 305-253-8655 <a href="http://www.palmettobay-fl.gov">www.palmettobay-fl.gov</a>				Yoga Fusion at Palmetto Bay Park 9:30am	<b>SMALL DAILY IMPROVEMENTS ARE THE KEY TO STAGGERING LONG-TERM RESULTS</b>
3	4	5	6	7	8	9
	Yoga at Coral Reef 9am	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 	Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am	Dance Aerobics at Coral Reef 11am Aerobics at 12pm	Stretch & Relaxation at Palmetto Bay Park 9:30am	Fitness Classes at Coral Reef Park & Palmetto Bay Park offered by: 
10	11	12		14	15	16
 <b>KICKOFF</b> Sunday, January 10th 9:00 am-12:00 pm Coral Reef Park 7895 SW 152 Street Yoga by the Bay 9:30am at Thalatta 	Yoga at Coral Reef 9am	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 	Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am	Dance Aerobics at Coral Reef 11am Aerobics at 12pm <b>Nutrition Workshop-Full-Time Fat Burning Machine</b> 5:30pm @ Abundant Life Wellness Center (9040 SW 152 <sup>nd</sup> St.) 	Stretch & Relaxation at Palmetto Bay Park 9:30am	<b>Surf &amp; Turf – Kayak Boot Camp at Coral Reef Park</b>  <b>DEADLINE: To enroll in Mayor's 7-Week Fitness Challenge</b> <a href="http://www.palmettobay-fl.gov/content/get-fit-palmetto-bay-2016#Kick">http://www.palmettobay-fl.gov/content/get-fit-palmetto-bay-2016#Kick</a>
<b>Enrollment &amp; Initial Wellness Assessment Period for Mayor's 7-Week Fitness Challenge Jan 10th-Jan 16<sup>th</sup></b>						
17	18	19	20	21	22	23
Bike Ride with Mayor Flinn Meet at Starbucks-Old Cutler Road & 168 <sup>th</sup> St @ 7:30am/Ride at 8am <b>Fitness Workshop-Runner's Injury Prevention &amp; Performance Workshop</b> 8am @ Coral Reef Park Gazebo (7895 SW 152 <sup>nd</sup> St.) 	Yoga at Coral Reef 9am 	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 	Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am <b>Fitness Workshop-It Can Be Life Changing! 7pm @ CrossFit Demand (17640 SW 97<sup>th</sup> Ave.)</b> 	Dance Aerobics at Coral Reef 11am Aerobics at 12pm	Stretch & Relaxation at Palmetto Bay Park 9:30am	
24	25	26	27	28	29	30
Bike Ride with Mayor Flinn Meet at Starbucks-Old Cutler Road & 168 <sup>th</sup> St @ 7:30am/Ride at 8am  Yoga by the Bay 9:30am at Thalatta 	Yoga at Coral Reef 9am	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 	Yoga at Coral Reef 9am Stretch & Relaxation at Palmetto Bay Park 9:30am Zumba at Coral Reef 10am	Dance Aerobics at Coral Reef 11am Aerobics at 12pm <b>Wellness Workshop-Introduction to Acupuncture &amp; Yin Yang Theory 8pm @ Affordable Acupuncture (17045 S Dixie Hwy)</b> 	Stretch & Relaxation at Palmetto Bay Park 9:30am	<b>Nutrition Workshop-Whole Foods Supermarket Tour @ 11am-11701 S Dixie Hwy, Pinecrest</b> 
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Paddle Adventure 8am Thalatta Park 305-234-6395 (by registration only) Bike Ride with Mayor Flinn Meet at Starbucks-Old Cutler Road & 168 <sup>th</sup> St @ 7:30am/Ride at 8am 	Coral Reef Park: 7895 SW 152 Street Palmetto Bay Open Daily: Sunrise to Sunset Tennis 8am to 10pm 305-235-1593  <b>** Park contains a walk path &amp; Outdoor fitness equipment</b>	Palmetto Bay Park: 17535 SW 95 Ave Palmetto Bay Open: M-Sat 8am to 9pm Sun 8am to 8pm 305-251-2751  <b>** Park contains a walk path &amp; Outdoor fitness equipment</b>	Thalatta Estate: 17301 Old Cutler Road Palmetto Bay Sun-Thurs. 8am -5pm Fri & Sat 9am to 2pm <a href="http://www.thalattaestate.com">www.thalattaestate.com</a> 305-234-6383	Perrine Wayside Park: 16425 So. Dixie Highway Palmetto Bay, Open Daily: 8am to Sunset 305-259-1234	Ludovici Park: 17641 Old Cutler Road Palmetto Bay Open Daily: Sunrise to Sunset 305-234-6383 <b>TENNIS</b> 305-253-8655 	<b>FEBRUARY 28, 2016 8am \$5 OFF Race Registration for Mayor's 7-week Fitness Challenge Participants-Race on Feb. 28<sup>th</sup> @ Coral Reef Park</b> 