

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>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>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>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 Nature Postings 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>Fitness Workshop-Runner's Injury Prevention & Performance Workshop 8am @ Coral Reef Park Gazebo (7895 SW 152nd St.)</p>	<p>18</p> <p>Yoga at Coral Reef 9am</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</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 ** 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 ** 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 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>