Nature Postings

GET FIT

Village of Palmetto Bay Est. 2002 Florida

Surf & Turf

Zumba-Kayak Workout!

Coral Reef Park

7895 SW 152 Street Miami, FL 33157

Get in shape with a dynamic and fun workout, where participants use Latin-influenced music and kayaks to burn calories at the beautiful Coral Reef Park. This complete workout includes 1 hour of Zumba (turf) and an hour of water-based exercises aboard kayaks (surf). Bring your buddy, kids and partners and have fun with us!

*5 years and older

*beginners to experts

*bring water and snack

*wear tennis shoes

*comfortable clothes that can get wet

Saturday SESSIONS

June 25th

July 30th

August 27th

September 17th

9:00-11:00am

Register online at

www.palmettobay-fl.gov

More info: (305) 259-1234

Class meets at the S.W. 77th Ave parking lot entrance

*__MINIMUM__ 15 Participants (ages 13yrs & up) required for each session

ZUMBA kids

$5 per person

Ages 5-12yrs FREE