



NEWS RELEASE

City of Aventura

19200 West Country Club Drive
Aventura, Florida 33180

FOR IMMEDIATE RELEASE

Date: 03/14/2018
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The City Offers Complimentary Fitness Boot Camp at Founders Park

Aventura, Florida ...

The City of Aventura will be offering a trial set of complimentary fitness, boot camp style classes at Founders Park starting Saturday, March 17, 2018 at 9:30 a.m. Participants can expect a fun and interactive workout including multi-functional movements and exercises that aid to improve cardiovascular and pulmonary endurance, as well as overall conditioning. The park's trail and existing exercise stations will be utilized during class sessions.

All classes start at 9:30 a.m. on the following Saturdays:

- March 17 & 31, 2018
- April 14 & 28, 2018

Registration is not required, and classes are open to everyone of all levels. Residents are encouraged to obtain a park ID prior to attending class in order to expedite access to the park. Non-residents will be required to pay the park entrance fee (\$5 per adult and \$3 per child under the age of 18, as long as they are accompanied by an adult) upon arrival to Founders Park. All first time visitors will be required to fill out a waiver of liability upon entering the park for class.

Participants should bring a small towel and water for convenience. Please plan to be in class for approximately one hour.

Founders Park is located at 3105 NE 190 Street.

For more information please visit cityofaventura.com, or contact Founders Park at 305-466-0183.

Susan Grant
City Manager