



BOOT CAMP FITNESS *at Founders Park*

A fun and interactive workout including multi-functional movements and exercises to improve overall conditioning.

FREE

Where:
Founders Park
3105 NE 190 Street

When:
9:30 AM
on select **Saturdays**

March 2
April 6

Classes are open to everyone, and all levels are welcome!

Registration is not required.

Residents are encouraged to obtain a Park ID prior to attending the event to expedite access to the park. **Non-residents** will be required to pay the park entrance fee upon arrival to Founders Park.

All first time visitors will be required to fill out a waiver of liability upon entering the park for this event.

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



City of Aventura Founders Park

3105 NE 190 Street, Aventura FL 33180

305-466-0183

cityofaventura.com

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