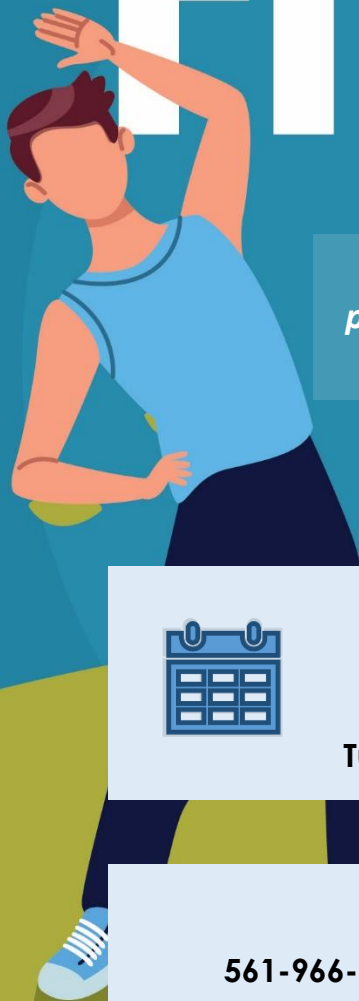


FUNCTIONAL FITNESS



Community-based, physical activity program focusing on balance, flexibility and strength training.



WEEKLY CLASSES OFFERED:
Lake Biwa Pavilion,
Morikami Park, Delray Beach
Tuesdays & Thursdays 8:30am-9:30am

Reminders:

- Pre-Registration required
- 561-966-7034 (maximum occupancy 19 participants)
- Sanitation stations will be set up



Palm Beach County
Board of County
Commissioners

