

# 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