

LET'S
MOVE
TOGETHER!

This community-based physical activity is a fun, energetic class, with a combination of short resistance and endurance training bursts, followed by recovery periods to give you the ultimate total body workout. It includes a large variety of upper body, leg strength and cardio exercises. This class is for all fitness levels.

GLADES PIONEER PARK

866 S.R. 715, Belle Glade, FL 33430

October 2023 - September 2024

Wednesdays: 5:30 p.m. - 6:30 p.m.

Cost: Free

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(561) 983-7260



GLADES FITNESS



Palm Beach County
Board of County
Commissioners



PARKS & RECREATION

In accordance with ADA provisions, this document may be requested in an alternate format. Please call (561) 983-7260 for more information.