

CITY OF LAUDERHILL PARKS & RECREATION DEPARTMENT

FITNESS CLASSES

WEEKDAYS
6:30 PM – 7:30 PM

SADKIN COMMUNITY CENTER
1176 NW 42ND WAY



954-321-2450
www.lauderhill-fl.gov



November 2024

Mon	Tue	Wed	Thu	Fri
<p>FREE CLASS ALERT!!!</p> <p>MOVE WITH THE MAYOR</p> <p>SPINNING Scan to register</p> <p>Every Wednesday 7:00pm-8:00pm <i>spaces are limited on a first come first served basis.</i></p> <p>QR code</p> <p>Veterans Park 7600 NW 50th St, Lauderhill FL, 33351 954 572-1459</p>				<p>1</p> <p>KAMKO DANCE LIFE</p> <p>Line Dance w/ Kameo 6:30pm-7:30pm</p>
<p>4</p> <p>YARDYFIT VF</p> <p>Full Body Workout w/ Coach Q 6:30pm-7:30pm</p>	<p>5</p> <p>NO CLASS</p> <p>*** VOTE *** 2024 ELECTION DAY</p>	<p>6</p> <p>Teach FITNESS LIFE</p> <p>Hip Hop Step Aerobics w/ Rose 6:30pm-7:30pm</p>	<p>7</p> <p>MOVE WITH THE MAYOR</p> <p>Stretch Strap, Max Flex w/ Daphne 6:30pm-7:30pm</p>	<p>8</p> <p>CHIKAMO MOVES</p> <p>African Dance w/ Lanecia 6:30pm-7:30pm</p>
<p>11</p> <p>YARDYFIT VF</p> <p>Full Body Workout w/ Coach Q 6:30pm-7:30pm</p>	<p>12</p> <p>WELLNESS & MOVEMENT A WORLD WITHOUT LABELS</p> <p>YOGA w/ Danny 6:30pm-7:30pm</p>	<p>13</p> <p>Upstairs Gymnasium</p> <p>Teach FITNESS LIFE</p> <p>Hip Hop Step Aerobics w/ Rose 6:30pm-7:30pm</p>	<p>14</p> <p>MOVE WITH THE MAYOR</p> <p>Zumba w/ Dilma 6:30pm-7:30pm</p>	<p>15</p> <p>KAMKO DANCE LIFE</p> <p>Line Dance w/ Kameo 6:30pm-7:30pm</p>
<p>18</p> <p>YARDYFIT VF</p> <p>Full Body Workout w/ Coach Q 6:30pm-7:30pm</p>	<p>19</p> <p>YARDYFIT VF</p> <p>Yard Step Aerobics w/ Shamar 6:30pm-7:30pm</p>	<p>20</p> <p>Teach FITNESS LIFE</p> <p>Hip Hop Step Aerobics w/ Rose 6:30pm-7:30pm</p>	<p>21</p> <p>MOVE WITH THE MAYOR</p> <p>Kickboxing w/ Daphne 6:30pm-7:30pm</p>	<p>22</p> <p>KAMKO DANCE LIFE</p> <p>Line Dance w/ Kameo 6:30pm-7:30pm</p>
<p>25</p> <p>YARDYFIT VF</p> <p>Full Body Workout w/ Coach Q 6:30pm-7:30pm</p>	<p>26</p> <p>WELLNESS & MOVEMENT A WORLD WITHOUT LABELS</p> <p>YOGA w/ Danny 6:30pm-7:30pm</p>	<p>27</p> <p>HAPPY Thanksgiving NO CLASS.. ENJOY YOUR HOLIDAY!!!</p>	<p>28</p> <p>HAPPY Thanksgiving NO CLASS.. ENJOY YOUR HOLIDAY!!!</p>	
				<p>29</p> <p>HAPPY Thanksgiving NO CLASS.. ENJOY YOUR HOLIDAY!!!</p>

www.lauderhill-fl.gov/parks-recreation/fitness



/CityofLauderhill

www.lauderhill-fl.gov



*****NOTE*****
All class times & dates are subject to change and/or cancellation.

REGISTER NOW!
for events, classes, and activities
WE HAVE IMPROVED OUR PARKS & REC DEPARTMENT SOFTWARE

