

WE ARE EXCITED TO OFFER

FREE CLASSES AT PROFESSIONAL PARK

No prior experience is needed. All classes will follow CDC Guidelines.

TUESDAY - YOGA



Yoga will include movement, breath, and meditation to leave you feeling more balanced and centered.

WEDNESDAY - MOVE IT

THURSDAY - MOVE IT



Move It is a fun outdoor fitness class focusing on low impact strength and conditioning.

TIME: 5 - 5:30 P.M.

LOCATION: MEET AT THE PROFESSIONAL PARK VISITOR'S ENTRANCE



GatorCare[®]  **WELLNESS**
Your Partner in Health University of Florida & UF Health

Questions? Email GatorCareWellness@shands.ufl.edu