FUNCTIONAL FITNESS
IS A COMMUNITY-BASED, PHYSICAL ACTIVITY PROGRAM FOCUSING ON BALANCE, FLEXIBILITY AND STRENGTH TRAINING

WEEKLY CLASSES OFFERED:

• Laurie Schobelock Pavilion, Carlin Park, Jupiter Mondays & Fridays 8:30am - 9:30am

• Osborne Pavilion, John Prince Park, Lake Worth Mondays & Wednesdays 8:30am - 9:30am

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

Reminders:

• Pre-Registration Required www.pbcparks.com or 561-966-7033 (maximum occupancy 8 participants)
• Masks are not required for outdoor programming but recommended
• Sanitation stations will be set up
• Programs will adhere to all State and County orders and CDC guidelines