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NO. LTC # 338-2013

LETTER TO COMMISSION

2013 SEP 12 PM 5:00

CITY CLERK'S OFFICE

TO: Mayor Matti Herrera Bower and Members of the City Commission

FROM: Jimmy L. Morales, City Manager

DATE: September 12, 2013

SUBJECT: Free Fitness Center Hours for Seniors Citizens
8:30am – 1:00pm Monday - Friday

The Parks and Recreation Department has implemented free fitness center hours for Miami Beach Senior Citizens 65 years and older. Seniors may utilize the Fitness Centers at the Scott Rakow Youth Center and/or the North Shore Park and Youth Center, Monday through Friday from 8:30 am – 1:00 pm free of charge. (All other hours require a membership fee.)

The Scott Rakow Youth Center Fitness Center measures 1,100 square feet with state of the art commercial grade Life Fitness Equipment. The North Shore Park and Youth Center Fitness Room is approximately 1,150 square feet and is expected to be upgraded in 2014.

The Parks and Recreation Department encourages you to visit one of our Fitness Centers. The Regular Daily Fitness Center hours of operation are as follows:

Scott Rakow Youth Center

Mon. – Fri. / 8:30 am - 1:00 pm

Mon. – Fri. / 6:15 pm - 8:30 pm

Sat. & Sun. / 9:30 am - 5:00 pm

North Shore Park and Youth Center

Mon. – Fri. / 8:30 am - 1:00 pm

Mon. – Fri. / 6:15 pm - 8:30 pm

Sat. / 9:30 am - 5:00 pm

Sun. / 12 noon - 5:00 pm

We look forward to helping Miami Beach Seniors Citizens become more active and enjoy the many benefits of staying fit. Should you have additional questions, please contact John Rebar at (305) 673-7730.

JLM/JMP/JR/JM/emv

c: J. Mark Taxis, Assistant City Manager
John Rebar, Parks & Recreation Director
Julio Magrisso, Assistant Parks & Recreation Director