



TOTAL BODY FITNESS AT BASS PARK

2750 NW 19th St., Fort Lauderdale, FL 33311
MONDAY AND THURSDAY | 6:00-7:15 PM

A classic cardio workout with a 4-inch raised platform step. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing while strengthening your muscles.

RESIDENTS
10-Visit Pass: \$20
30-Visit Pass: \$45

NON-RESIDENTS
10-Visit Pass: \$40
30-Visit Pass: \$90

INFO: parks.fortlauderdale.gov | (954) 828-8498



If you would like this publication in an alternative format or if you need reasonable accommodation to participate in this event, please contact (954) 828-PARK (7275) or parksinfo@fortlauderdale.gov.



Get it IN

AT BASS PARK

2750 NW 19th St., Fort Lauderdale, FL 33311

MONDAY - THURSDAY | 7:30 - 8 PM & 8 - 8:30 PM

Low to medium impact circuit training in only 26 minutes. Stations includes battle ropes, cones, core planks, ladders, jump rope, and bungees. Water work to warm down is an option.

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