Sarasota County
PARKS, RECREATION AND NATURAL RESOURCES

Fridays

Fitness in the Park: Fit as a Fiddle for 50-Plus
Urfer Family Park, 4012 Honore Ave., Sarasota

SARASOTA COUNTY — Looking for an opportunity to get a little fresh air and meet new people? Increase your sense of well-being and quality of life through gentle exercise and companionship in a beautiful natural setting. This is a gentle workout and not for advanced fitness buffs. For more information, call 941-861-5000 or email parksonline@scgov.net.

Fridays, 8:30-9:30 a.m.
Ages: Adults
Urfer Family Park
Meet at the pavilion