



PARKS, RECREATION AND NATURAL RESOURCES

Fridays, May 3, 10, 17, 24, 31, 8:30-9:30 a.m.

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.

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Ages: Adults

Urfer Family Park

Meet at the pavilion