



City of Miramar
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For Immediate Release

Date: May 18, 2010
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GET HEALTHY AND FIT
AT THE FREE MIRAMAR SENIOR JAZZERCISE CLASSES

MIRAMAR –The City of Miramar is now offering free Senior Jazzercise classes at their two area senior centers. Both low impact and seated classes are offered for seniors 55 years of age and older. Participants must be a member at either the Sunset Lakes Senior Center located at 2801 SW 186th Ave. or at the senior center located in the Multi-Service Complex at 6700 Miramar Pkwy.

Class times at the Sunset Lakes Senior Center are 10:30 a.m. and 11:30 a.m. on Tuesdays and Thursdays. Classes at the Multi-Service Complex are Mondays and Wednesdays at 10:00 a.m. For more information regarding this and other senior programs, please call:

Sunset Lakes Senior Center

2801 SW 186th Ave.
Miramar, FL 33029
954-602-3347

Multi-Service Complex

6700 Miramar Pkwy
Miramar, FL 33023
954-889-2707

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