



Learn to Be Healthy as Part of Your Lifestyle!

Fit with a Friend Circuit is an innovative, inclusive program that focuses on developing general fitness through a circuit rotation highlighting the Memorial Fitness Zone at T.Y. (Topeekeegee Yugnee) Park. Each class will consist of a warmup, a functional circuit routine with and without resistance bands, and a cooldown. Participants will be assessed on measures of blood pressure, heart rate, and body mass index (BMI) at the beginning and end of the program. This inclusive program raises awareness among veterans to become healthy and motivated to stay active as part of their lifestyle. Consistent attendance is required for the program, as each week participants will build on fitness skills learned in the prior week's class.

WHERE: T.Y. (Topeekeegee Yugnee) Park
3300 N. Park Rd., Hollywood, 33021 • 954-357-8811(Park #)

WHEN: Wednesdays, October 17 – December 12, 2018 (No Nov 21) • 10:30 – 11:45 a.m.

WHO: Veterans, with and without disabilities, and one spouse, child, sibling, or friend 18 or over

HOW: Free, but the class size is limited. Preregistration is required by calling Special Populations at 954-357-8170 or emailing SpecialPopulations@Broward.org.

Individuals with disabilities requiring accommodations in order to participate in programs, services, and activities must contact the [Special Populations Section](#) at 954-357-8170 or TTY 954-537-2844 at least five (5) business days prior to the scheduled meeting or event

Broward County Board of County Commissioners

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