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Commissioner Francis Suarez  
City Manager Tony E. Crapp, Jr.*



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## **City of Miami Parks Invite Water Enthusiasts to Try out River Walking**

**(Miami, FL March 24, 2011)**— For residents who would like to try a new fitness challenge, Grapeland Water Park, 1550 NW 37 Avenue, is offering River Walking. A cardio program that uses the lazy river current as a natural resistance for walking, swimming and calisthenics. It is a fun class which keeps you cool as you burn calories.

It is highly recommended for people who want to remain active but avoid running or high impact sports due to joint issues. Classes are held Monday thru Friday at 7pm for \$3 per class.

For more information about the class call (305) 960-2955.

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