

NEWS RELEASE

FOR IMMEDIATE RELEASE

CITY OF ST. PETERSBURG, Parks and Recreation Department
CONTACT: Kari Fuhrmann, *Marketing & Information Specialist*
727-893-7918 • kari.fuhrmann@stpete.org



HEALTHY ST. PETE PROVIDES FREE CLASSES AT THE FIRST AARP FITLOT FITNESS PARK IN THE NATION

St. Petersburg, FL (December 2021) – Healthy St. Pete—a City of St. Petersburg initiative and a division of the St. Petersburg Parks & Recreation Department—launches free classes at the AARP FitLot Fitness Park at Booker Creek Park, 2300 13th Ave. N., St. Petersburg, beginning Wednesday, December 15.

The Booker Creek Park's AARP FitLot Fitness Park was the first of 53 free fitness parks developed across the nation with the goal of making our community a healthier and better place to live for people of all ages. The park features stationary equipment that can be adapted to meet a wide range of fitness levels and abilities.

Healthy St. Pete is launching free introductory classes and weekly sessions that aim to increase access to physical fitness activities, encourage community and neighborhood connection, and help the community reach their health and wellness goals. Classes are taught by certified trainers utilizing the Method Circuit Training developed by FitLot. The drop-in introductory classes offer participants an opportunity to learn and get acquainted with the equipment and class format. An 8-week class series will be offered multiple days per week. Classes are offered at no-cost.

Drop-In Introductory Classes

Wednesday, December 15	9 – 10 a.m.
Monday, December 20	9 – 10 a.m.
Thursday, January 6	6 – 7 p.m.

Weekly Sessions (8-Week Series)

Mondays, January 10 - February 28, 2022	9 – 10 a.m.
Wednesdays, January 12 - March 2, 2022	9 – 10 a.m.
Thursdays, January 13 - March 3, 2022	6 – 7 p.m.

Reserve your spot. Register online for upcoming classes and series at www.fitlot.org/parks/stpete. For more information, contact Healthy St. Pete at 727-892-5994 or visit www.healthystpetefl.com.

About the St. Petersburg Parks and Recreation Department

The St. Petersburg Parks and Recreation Department is nationally accredited by the Commission for Accreditation of Park and Recreation Agencies, and with 17 recreation facilities, nine swimming pools, over 150 parks and more than 70 athletic fields, the department makes it a mission to preserve and enhance the city's parklands and recreational facilities and engage the community in leisure activities. Visit www.StPeteParksRec.org to learn more.

About the City of St. Petersburg

One of Florida's largest cities, the City of St. Petersburg is a city of opportunity where the sun shines on all who come to live, work and play. It's an innovative, creative and competitive community that honors its past while pursuing its future. Visit www.StPete.org to learn more.

About Healthy St. Pete

Healthy St. Pete – a division of the St. Petersburg Parks and Recreation Department created from an initiative of the City of St. Petersburg – works to build a culture of health in St. Pete by making the healthy choice the easy choice through innovative programs and community collaboration. The division improves health outcomes, reduces health inequities, implements policies and programs and encourages the community to eat, shop, live and play healthy in a city where the sun shines on all. Visit www.HealthyStPeteFL.com to learn more.

-###-