



# FIT

FORT LAUDERDALE

# 5K

Run/Walk

*Hosted by Radio Personality Frank Cornelius, Jr.*

**SATURDAY, MAY 11**  
**HOLIDAY PARK**

**1150 G. Harold Martin Drive, Fort Lauderdale**

**6:30 AM / 5K Check-In Opens**

**7 AM / 5K Start**

**REGISTER:** [events.hakuapp.com/fit-fort-lauderdale-5k](https://events.hakuapp.com/fit-fort-lauderdale-5k)

**PARKS & RECREATION**  
City of Fort Lauderdale



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## Beach Bash Fitness Experience

**SATURDAY, MAY 11**  
**9 AM – 12 PM**  
**FORT LAUDERDALE BEACH PARK**

**1100 Seabreeze Boulevard, Fort Lauderdale**

**PARKING:** Parking is available in the adjacent Fort Lauderdale Beach Park lot. Rates are \$1.75/hour. The City of Fort Lauderdale Resident Beach Parking Permit is also accepted at this location.

Come join us as we accept the challenge to make Fort Lauderdale the healthiest city in the nation! Our kickoff event features a 5K run/walk in Holiday Park along with a full morning with more than 20 FREE fitness classes, health, and wellness sessions at Fort Lauderdale Beach Park. Free lessons include Zumba, yoga, cardio kickboxing, senior chair fit, high intensity interval training, mommy and me fitness, TRX suspension training, DRUM fitness (featuring live music), and so much more. There will also be a kids zone with plenty of activities to make this a family fitness event! This is a free event but if you want more year-round opportunities to get active, try our inaugural trial pass starting at \$5. Pass membership allows participants access to free/reduced exercise classes, wellness sessions, and other healthy activities year-long throughout the city.

**REGISTER:** [fitlauderdale.eventbrite.com](http://fitlauderdale.eventbrite.com)

**FOR MORE INFO:** (954) 828-4594 | [fit@fortlauderdale.gov](mailto:fit@fortlauderdale.gov)



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