



St. Johns County Board of County Commissioners

Communications Division

St. Johns County Offers Senior “Fitness in the Park” Program

St. Johns County has partnered with the University of St. Augustine to provide Fitness in the Park, a free exercise program for adults ages 60 years and older, from 1 p.m. to 3 p.m. each Thursday from January 19 through April 13 (with the exception of March 2) at Canopy Shores Park, 804 Christina Drive. Occupational therapists and students from the University of St. Augustine will be on-site to provide individual fitness testing, assist participants in creating customized workout plans, and help achieve wellness goals for adults of all fitness levels. To register for Fitness in the Park, please call 904.209.0335 or email kussia@sjcfl.us.