

florida today

YouFit Open House – HIIT & Fit In the Grove

Jul 28 at 11:00AM - 2:00PM

CocoWalk

Free



Join YouFit in the CocoWalk courtyard for a HIIT class on July 28th at 11am, then check out their open house!

Work up a sweat in CocoWalk Plaza with a HIIT Class lead by YouFits certified studio instructor.

11 AM – 12 PM: HIIT Class Join us in the courtyard on the first floor of CocoWalk for an hour-long High-Intensity Interval Training class!

12 PM – 2 PM: Open House Join us at YouFit Coconut Grove for refreshments, meet the staff, and tour the club!

All guests and members are welcome!