

# Miami Herald

IN-PERSON

## YouFit Open House - HIIT & FIT in the Grove



Sunday, July 28, 2024

11:00am-2:00pm

[Add to Calendar](#)

### Location

[CocoWalk](#)

3015 Grand

Avenue

Miami, FL

[Directions](#)

### Price

Free

### Description

YouFit Open House – HIIT & Fit In the Grove

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

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

**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!

[Visit Event Website](#)