

MIAMI BEACH

COMMISSION MEMORANDUM

TO: Honorable Mayor and Members of the City Commission
FROM: Commissioner Kristen Rosen Gonzalez
DATE: February 14, 2018

SUBJECT: REFERRAL TO THE NEIGHBORHOOD/COMMUNITY AFFAIRS COMMITTEE -
DISCUSS CITY OFFERING AFFORDABLE SPINNING CLASSES.

ANALYSIS

Miami Beach residents would like to have affordable spinning classes.

A spinning workout is an excellent way to burn calories and relieve stress. The workout employs a stationary bike, which has various tension levels. The bike will also track ones progress, so that the participant is motivated to continue and accomplish his/her fitness goals. There are numerous benefits to a spinning workout, including burning calories, building muscle tone, increasing cardio endurance, and relieving stress.

I would like the Administration to provide suggestions regarding offering affordable spinning classes in Miami Beach.

Legislative Tracking

Commissioner Kristen Rosen Gonzalez