

Step Aerobics



Marks Street Senior Center

99 East Marks Street, Orlando, FL 32789

Free

Fridays

10:30 - 11:30 a.m.

and Saturdays

10 - 11 a.m.

Step Aerobics will help improve cardio fitness, balance, strength and coordination.

For Ages 55+

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We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.

