




Building community  
through fun experiences  
that inspire wellness and joy.

# 2025-2026 Wellness Program Proposal



# PROGRAM PROPOSAL

- CURRENT PROGRAMMING
  - WELLNESS WEDNESDAY
  - DORAL MOVES SERIES
- ADDITIONAL PROGRAMMING
  - POP UP CLASSES AT DORAL CENTRAL PARK
  - MONTHLY RUN CLUB AT DORAL CENTRAL PARK



**ZUMBA**  
*by Julie Richetelli*

July 22<sup>nd</sup> | 7pm  
Doral Glades Park - Multipurpose Room  
7600 NW 98 Pl, Doral, FL 33178

Limited capacity  
Register at  
[www.mbs.events/doral](http://www.mbs.events/doral)

MIND BODY SOCIAL

STEP UP  
YOUR HEALTH, DORAL!




**VXN**  
*by Ballerina Rock Girl*

July 26<sup>th</sup> | 10:30am  
Doral Central Park - Community & Fitness Center  
3005 NW 92nd Ave, Doral, FL 33172

Register at  
[www.mbs.events/doral](http://www.mbs.events/doral)

MIND BODY SOCIAL

STEP UP  
YOUR HEALTH, DORAL!



*Wellness Wednesday*

**Mat Pilates**  
by Tremble

July 16<sup>th</sup> | 6:30PM

Doral Central Park - Amphitheater  
3005 NW 92nd Avenue, Doral, FL 33172

Free Registration at [www.mbs.events/doral](http://www.mbs.events/doral)

Powered by Baptist Health

STEP UP  
YOUR HEALTH, DORAL!

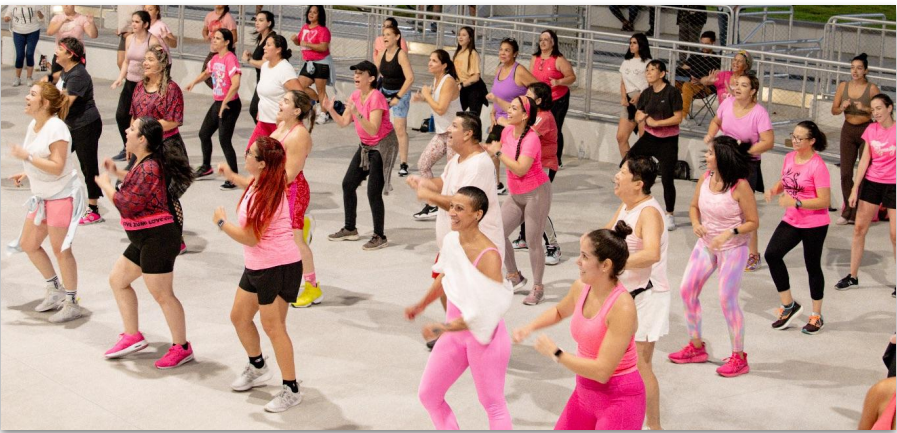
MIND BODY SOCIAL



# WELLNESS WEDNESDAYS SERIES

Continue the monthly series of wellness & social events, featuring varied instructors and fun activities that includes: workouts, runs, yogas, zumba, and more! Free and open to the community, created for all levels of expertise.

- **12 - Monthly** In person activations, **every 3rd Wednesday** of the month with an average **attendance of 70+ participants / class.**
- Variety of Fitness Styles: Zumba, Yoga, Tai Chi, Core & Stretch, Pilates, Cardio Burn Workout, Dance Fitness, Run Clubs, Kickboxing and STRONG Nation, among others.
- Thematic Activations for Health holidays to raise awareness about illnesses, health issues and mental health.
- Rotation throughout key Parks to best serve the Doral community.
- 100% turnkey - from scheduling to registrations and execution.





# DORAL MOVES & MENTAL HEALTH SERIES

- Bi-Weekly **Zumba** for All Levels
  - Tuesdays at 7pm
  - Indoor Basketball Gym at Doral Legacy Park
  - **Approx attendance of 50+ / class**
- Monthly **Saturday VXN Workout**
  - Saturdays at 10:30am
  - Rotating Doral Parks - Indoor Spaces
  - **Approx attendance of 40+ / class**
- Two **Mental Health Awareness Events**
  - May 2026
  - Rotating Doral Parks - Indoor Spaces
  - **Approx attendance of 30+ / class**
- Create and manage Eventbrite Registration Page.
- Marketing and Promotion of series on a variety of communication channels: 30K+ newsletter, social media, etc.



## ADDITIONAL PROGRAMMING

- Quarterly Pop Up Classes at Doral Central Park
  - Aqua Zumba
  - Music Themed Trampoline Workout
  - Pound Fit Glow Nights
  - Family Interval Training (F.I.T) Workout





# ITEMIZED PROGRAM SCHEDULE

2025 GRANDFATHERED RATE: \$450 PER CLASS (OCT. - SEPT.)

## CURRENT PROGRAMMING

OCTOBER:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
NOVEMBER:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
DECEMBER:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
JANUARY:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
FEBRUARY:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
MARCH:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
APRIL:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
MAY:	6 CLASSES (1-WW, 2-ZUMBA, 1-VXN, 2-MH) = \$2700
JUNE:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
JULY:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
AUGUST:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800
SEPTEMBER:	4 CLASSES (1-WW, 2-ZUMBA, 1-VXN) = \$1800

## ADDITIONAL PROGRAMMING

QUARTERLY POP UPS:	4 CLASSES = \$1800.00
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## TOTAL PROPOSED PROGRAM BUDGET

- **WELLNESS WEDNESDAY** - 12 Classes for FY 25-26
- **DORAL MOVES SERIES** - 36 Classes for FY 25-26
- **MENTAL HEALTH MONTH SERIES** - 2 Classes for FY 25-26
- **ADDITIONAL PROGRAMS** - 4 Classes for FY 25-26

**TOTAL AMOUNT OF CLASSES = 54 for FY 25-26**

**TOTAL PROPOSED BUDGET = \$24,300.00**



# THANK YOU

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