



Wellness Center

Volunteer Information

Our Mission

The Shake-A-Leg Miami Wellness Center is a premier fitness and wellness facility operating under the mission and vision of Shake-A-Leg Miami. Located on the waterfront of Miami's beautiful Biscayne Bay, we provide year-round physical conditioning, education, Pilates, yoga and other services to make our water-centric activities available to all bodies. We seek to improve the lives of people with disabilities in an inclusive, community-driven, environment.

What We Offer

Pilates, Yoga, Gyrotonics and Fitness Classes for both able and disabled persons.



Reach Out To Us!

Alison Duke
Wellness Center Manager
alison@ShakeALegMiami.org
(786) 299-2763

Check out our recruitment video:

<https://www.youtube.com/watch?v=gnHfXh74nQM>



Volunteer Video

Requirements

Volunteers are asked to donate at least 1 hour a week toward our mission. This is typically completed by teaching one 50-minute session. We give you 5 minutes before and after each class to allow the classes to run smoothly.

Qualifications

To qualify as a volunteer trainer, you must have the proper certifications within your respective practice and have Personal Liability Insurance.

Benefits

In exchange for your time, volunteers are given access to our Kayak and Paddle Board rentals. You, and one guest, can come use the equipment any time during our open hours. If class sizes allow, you can also qualify for Sailing Lessons and boat rentals.