



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE



Monday		1/25/21	Tuesday		1/26/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
10:00 - 11:00	Class: <u>Toning with Weights</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	9:00 - 10:00	Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
3:30 - 4:30	Class: <u>Gymnastics</u> Instructor: <u>Dujon/Trina</u> Age Group: <u>6 - 12 years old</u> Host: <u>Mike</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	3:30 - 4:15	Class: <u>Creative Time</u> Instructor: <u>Jessica</u> Age Group: <u>8 and under</u> Host: <u>Diego</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
6:00 - 7:15	Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Mike</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	4:30 - 5:30	Class: <u>Good Vibe Tribe Teen Service Adventures</u> Instructor: <u>Cindy</u> Age Group: <u>11 - 16 years old</u> Host: <u>Diego</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
			6:30 - 7:30	Event: <u>Mindful Meditation Workshop</u> Instructor: <u>Claudia</u> Age Group: <u>18+</u> Host: <u>Diego</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar



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IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMIC • ENVIRONMENT

Wednesday		1/27/21	Thursday		1/28/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
8:30 - 9:30	<p>Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>David</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	9:00 - 10:00	<p>Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
10:00 - 11:00	<p>Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>David</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	10:00 - 11:00	<p>Class: <u>What's your view point?</u> Instructor: <u>Marilyn</u> Age Group: <u>Adults and Seniors</u> Host: <u>David</u> <u>"Program available on site"</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
6:00 - 7:15	<p>Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Jean</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	3:30 - 4:30	<p>Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 - 12 years old</u> Host: <u>Diego</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
			4:30 - 5:30	<p>Class: <u>Good Vibe Tribe Teen Service Adventures</u> Instructor: <u>Cindy</u> Age Group: <u>11 - 16 years old</u> Host: <u>Diego</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE



Friday		1/29/21	Saturday		1/30/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
8:30 - 9:30	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>David</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	9:00 - 10:00	Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Diego</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
6:00 - 7:15	Class: <u>Pilates</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Jean</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	10:00 - 11:00	Class: <u>Snapology: Ninja Dojo</u> Instructor: <u>Kari</u> Age Group: <u>5 - 12 years old</u> Host: <u>Diego</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
			3:00 - 4:00	Class: <u>Jazz Fusion</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Jean/Diego</u> <u>"Program available on site"</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
			4:30 - 5:30	Class: <u>Hip Hop</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Jean</u> <u>"Program available on site"</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar