



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Monday

3/1/20

Tuesday

3/2/21

Times	CLASS INFOMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFOMATION	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
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	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

Wednesday

3/3/21

Thursday

3/4/21

Times	CLASS INFOMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFOMATION	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>Carlos</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
10:00 - 11:00	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>Carlos</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>What's your view point?</u> Instructor: <u>Marilyn</u> Age Group: <u>Adults and Seniors</u> Host: <u>N/A</u> 3/4 Class is Canceled. Class will resume on 3/11	Click Here: CANCELED
6:00 - 7:15	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: Canceled Check for email confirmation containing info about joining the meeting	Click Here: CANCELED	3:30 - 4:30	Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 - 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



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ZOOM PROGRAMS WEEKLY SCHEDULE

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Friday		3/5/21	Saturday		3/6/21
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>Mike</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here: Register in advance for this webinar</p>	9:00 - 10:00	<p>Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Diego</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here: Register in advance for this webinar</p>
6:00 - 7:15	<p>Class: <u>Pilates</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Jean</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>		3:00 - 4:00	<p>Class: <u>Jazz Fusion</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Jean/Diego</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	
			4:30 - 5:30	<p>Class: <u>Hip Hop</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Jean</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here: Register in advance for this webinar</p>