



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Monday		4/12/21	Tuesday		4/13/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
	Class: <u>Toning with Weights</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 10:00 - 11:00 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar		Class: <u>Morning Stretch</u> Instructor: <u>Denisse</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 8:30 - 9:30 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
	Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 6:00 - 7:15 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar		Class: <u>Creative Time</u> Instructor: <u>Jessica</u> Age Group: <u>8 and under</u> Host: <u>P&R Staff</u> 3:30 - 4:15 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
Wednesday		4/14/21	Thursday		4/15/21
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>P&R Staff</u> 8:30 - 9:30 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar		Class: <u>Morning Stretch</u> Instructor: <u>Denisse</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 8:30 - 9:30 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 10:00 - 11:00 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	Class: <u>What's your view point?</u> Instructor: <u>Marilyn</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 10:00 - 11:00 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	
	Class: <u>Trivia Games</u> Instructor: <u>Stanley Flax</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 11:00 - 12:00 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 - 12 years old</u> Host: <u>P&R Staff</u> 3:30 - 4:30 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	
	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 6:00 - 7:15 Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar			



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Friday		4/16/21	Saturday		4/17/21
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>P&R Staff</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>P&R Staff</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>P&R Staff</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>	3:00 - 4:00	<p>Class: <u>Jazz Fusion</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>P&R Staff</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>
			4:15 - 5:15	<p>Class: <u>Hip Hop</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>P&R Staff</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>