

# Calisthenics Class

Thursdays

April 30 - May 28

Time: 9:15AM - 10:15AM

No Class: 05/21

Get ready to build strength, boost endurance, and energize your body at our Calisthenics Class! This dynamic workout focuses on bodyweight exercises designed to improve strength, flexibility, balance, and overall fitness. Participants will move through engaging routines that challenge the entire body using functional movements that are effective and fun.

Whether you're a beginner or already active, this class can be modified for all fitness levels. Come ready to sweat, build confidence, and feel stronger—leave feeling accomplished, energized, and motivated!

This Class will be led by, Yenny Vidal.

REGISTRATION BEGINS

RESIDENTS: MARCH 16

NON-RESIDENT: MARCH 30

FEE AGES 18-54

RESIDENT: \$48.00

NON RESIDENT: \$68.00

5 WEEKS = 4 CLASSES

FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$28.00

5 WEEKS = 4 CLASSES

DROP IN FEE AGES 18-54

RESIDENT: \$15

NON RESIDENT: \$23

DROP IN FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$10

\*Registration and Classes be held at the Surfside Community Center (9301 Collins Avenue).

\*Proof of residency is required at the time of registration.\*

\*Changes/cancellations are subject to administrative fees.\*

For more information please call (305) 866 - 3635

Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)

