





Calisthenics Workshop

Thursday, February 19th
9:00AM - 10:00AM



The class will be held at
the Surfside Community Center:
9301 Collins Ave, Surfside, FL 33154
Registration is required online or
in-person to participate.



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.

For more information contact the Surfside Community Center
(305) 866 - 3635

Visit www.townofsurfsidefl.gov

