



Fall Session 2026

Registration Begins

Residents: August 24 Non-Residents: September 8

ADULT AND SENIOR PROGRAMS



PROGRAM	DAYS/DATES		HOURS	AGES	FEES★
Zumba	<u>Mon.</u> 10/5 - 12/14	<u>No Class On:</u> 11/23	9:00-10:00 AM	18-54yrs.	R - \$120 NR - \$170
Zumba Gold	<u>Mon.</u> 10/5 - 12/14	<u>No Class On:</u> 11/23	9:00-10:00 AM	55 & Over	R - Free NR - \$70
Adult Art Class	<u>Mon.</u> 10/5 - 12/14	<u>No Class On:</u> 11/23	10:30-12:30 PM	55 & Over	Free
Tai Chi	<u>Mon.</u> 10/5 - 12/14	<u>No Class On:</u> 11/23	7:15 - 8:15 PM	18 & Over	R - \$120 NR - \$170
Silver Sneakers: Cardio & Strength	<u>Tue. & Fri.</u> 10/6 - 12/18	<u>No Class On:</u> 11/24 & 11/27	9:00-10:00 AM	55 & Over	R: Free S.S Members: Free NR / Non-Members: \$10
Dance Fusion	<u>Tue. & Thu.</u> 10/6 - 12/17	<u>No Class On:</u> 11/24 & 11/26	10:30-11:30 AM	18 & Over	R - \$240 NR - \$340
Pilates	<u>Tue.</u> 10/6 - 12/15	<u>No Class On:</u> 11/24	7:15-8:15 PM	16 & Over	R - \$120 NR - \$170
Senior Time	<u>Wed.</u> 10/7 - 12/16	<u>No Class On:</u> 11/11 & 11/25	9:00-11:00 AM	55 & Over	Free
Calisthenics	<u>Wed.</u> 10/7 - 12/16	<u>No Class On:</u> 11/11 & 11/25	11:30-12:30 PM	18 & Over	R - \$108 NR - \$153
Calisthenics	<u>Thu.</u> 10/8 - 12/17	<u>No Class On:</u> 11/26	9:15-10:15 AM	18 & Over	R - \$120 NR - \$170
Self Defense	<u>Thu.</u> 10/8 - 12/17	<u>No Class On:</u> 11/26	7:15-8:15 PM	16 & Over	R - \$120 NR - \$170
Hatha Yoga	<u>Sun.</u> 10/11 - 12/20	<u>No Class On:</u> 11/29	11:00-12:00 PM	16 & Over	R - \$120 NR - \$170



SCAN FOR FLYERS

★ R = Residents
NR = Non-Residents

For more information, call the
Community Center (305) 866-3635
Website: www.townofsidesidefl.gov



SCAN FOR ONLINE
REGISTRATION