



*Town of Surfside Parks and Recreation Department*  
*Winter Session 2025 Registration Begins*  
*Residents: November 24 Non-Residents: December 8, 2025*



**ADULT AND SENIOR PROGRAMS**

SCAN FOR FLYERS

| PROGRAM                               | DAYS/DATES                                         | HOURS          | AGES      | FEE PER SESSION                                                                        |
|---------------------------------------|----------------------------------------------------|----------------|-----------|----------------------------------------------------------------------------------------|
| Zumba                                 | <u>Mondays</u><br>01/5 - 2/9/25<br>No Class: 01/19 | 9:00-10:00am   | 18-54YRS. | Residents \$60.00<br>Non-Residents \$85.00                                             |
| Zumba Gold                            | <u>Mondays</u><br>01/5 - 2/9/25<br>No Class: 01/19 | 9:00-10:00am   | 55 & Over | Residents: Free<br>Non-Residents: \$35.00                                              |
| Adult Art Class                       | See Flyer                                          | See Flyer      | See Flyer | See Flyer                                                                              |
| Silver Sneakers:<br>Cardio & Strength | <u>Tuesdays &amp; Fridays</u><br>01/6 - 2/20/25    | 9:00-10:00am   | 50 & Over | Surfside Resident: Free<br>S.S Members: Free<br>Non Resident /<br>Non-Members: \$10.00 |
| Dance Fusion                          | <u>Tuesdays &amp; Thursdays</u><br>01/6 - 2/19/25  | 10:30-11:30am  | 18 & Over | Residents \$168.00<br>Non-Residents \$238.00                                           |
| Pilates                               | <u>Tuesdays</u><br>01/6 - 2/17/25                  | 7:15-8:15pm    | 16 & Over | Residents \$84.00<br>Non-Residents \$119.00                                            |
| Senior Time                           | <u>Wednesdays</u><br>01/7 - 2/18/25                | 10:00-12:00pm  | 18 & Over | Free                                                                                   |
| Self Defense                          | <u>Thursdays</u><br>01/8 - 2/19/25                 | 7:15-8:15pm    | 16 & Over | Residents \$84.00<br>Non-Residents \$119.00                                            |
| Hatha Yoga                            | <u>Sundays</u><br>01/11 - 2/22/25                  | 11:00 -12:00pm | 16 & Over | Residents \$84.00<br>Non-Residents \$119.00                                            |



SCAN FOR ONLINE  
REGISTRATION

*For more information call the*  
*Surfside Community Center (305) 866-3635*  
*Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)*



10/29/2025