



Town of Surfside Parks and Recreation Department
Fall Session I 2025 Registration Begins
Residents: July 21 Non-Residents: August 4 2025



ADULT AND SENIOR PROGRAMS

SCAN FOR FLYERS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 09/8 - 10/20/25 No Class: 9/22, 10/6, 10/13	9:00-10:00am	18-54YRS.	Residents \$48.00 Non-Residents \$68.00
Zumba Gold	<u>Mondays</u> 09/8 - 10/20/25 No Class: 9/22, 10/6, 10/13	9:00-10:00am	55 & Over	Residents \$20.00 Non-Residents \$40.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 09/2 - 10/24/25 No Class: 9/23, 10/7, 10/14	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$10.00
Dance Fusion	<u>Tuesdays</u> 09/2 - 10/21/25 No class: 9/23, 10/7, 10/14	10:30-11:30am	18 & Over	Residents \$60.00 Non-Residents \$85.00
Pilates	<u>Tuesdays</u> 9/2 - 10/21/25 No Class: 9/23, 10/7, 10/14	7:15-8:15pm	16 & Over	Residents \$60.00 Non-Residents \$85.00
Senior Time	<u>Wednesdays</u> 09/3 - 10/22/25 No class: 9/24, 10/1, 10/8, 10/15	10:00-12:00pm	18 & Over	Free
Self Defense	<u>Thursdays</u> 09/4 - 10/23/25 No Class: 10/2	7:15-8:15pm	16 & Over	Residents \$84.00 Non-Residents \$119.00
H.I.I.T High Intensity Interval Training	<u>Saturdays</u> 09/6 - 10/25/25	9:00-10:00am	16 & Over	Residents \$96.00 Non-Residents \$136.00
Hatha Yoga	<u>Sundays</u> 09/7 - 10/26/25	11:00 -12:00pm	16 & Over	Residents \$96.00 Non-Residents \$136.00



SCAN FOR ONLINE
REGISTRATION

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



7/01/2025