



*Town of Surfside Parks and Recreation Department*  
*Fall Session II 2025 Registration Begins*  
*Residents: September 22 Non-Residents: October 6, 2025*



**ADULT AND SENIOR PROGRAMS**

**SCAN FOR FLYERS**

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 11/3 - 12/15/25 No Class: 11/24	9:00-10:00am	18-54YRS.	Residents \$72.00 Non-Residents \$102.00
Zumba Gold	<u>Mondays</u> 11/3 - 12/15/25 No Class: 11/24	9:00-10:00am	55 & Over	Residents \$30.00 Non-Residents \$42.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Silver Sneakers: Cardio & Strength	<u>Tuesdays &amp; Fridays</u> 11/4 - 12/19/25 No Class: 11/11, 11/25 & 11/28	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$10.00
Dance Fusion	<u>Tuesdays</u> 11/4 - 12/16/25 No class: 11/11 & 11/25	10:30-11:30am	18 & Over	Residents \$60.00 Non-Residents \$85.00
Pilates	<u>Tuesdays</u> 11/4 - 12/16/25 No class: 11/11 & 11/25	7:15-8:15pm	16 & Over	Residents \$60.00 Non-Residents \$85.00
Senior Time	<u>Wednesdays</u> 11/5 - 12/17/25 No class: 11/26	10:00-12:00pm	18 & Over	Free
Self Defense	<u>Thursdays</u> 11/6 - 12/18/25 No Class: 11/27	7:15-8:15pm	16 & Over	Residents \$72.00 Non-Residents \$102.00
H.I.I.T High Intensity Interval Training	<u>Saturdays</u> 11/8 - 12/20/25 No Class: 11/29	9:00-10:00am	16 & Over	Residents \$72.00 Non-Residents \$102.00
Hatha Yoga	<u>Sundays</u> 11/9 - 12/21/25 No Class: 11/30	11:00 -12:00pm	16 & Over	Residents \$72.00 Non-Residents \$102.00



**SCAN FOR ONLINE  
REGISTRATION**

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



8/04/2025