



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN
PARKS
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Monday		09/28/20	Tuesday		09/29/20
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
10:00 - 11:00	<p>Class: <u>Toning with Weights</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	9:00 - 10:00	<p>Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
3:15 - 4:00	<p>Class: <u>Gymnastics</u> Instructor: <u>Dujon/Trina</u> Age Group: <u>6 - 12 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	3:30 - 4:15	<p>Class: <u>Creative Time</u> Instructor: <u>Jessica</u> Age Group: <u>8 and under</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
5:00 - 6:00	<p>Class: <u>Dry Land Swim Work Out</u> Instructor: <u>Marianella</u> Age Group: <u>6 - 14 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	4:30 - 5:30	<p>Class: <u>Good Vibe Tribe Teen Service Adventures</u> Instructor: <u>Cindy</u> Age Group: <u>11 - 16 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
6:00 - 7:15	<p>Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	6:30 - 7:30	<p>Class: <u>Salsa Casino/Rueda</u> Instructor: <u>Dujon</u> Age Group: <u>Adults 18+</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>



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Wednesday		09/30/20	Thursday		10/01/20
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
8:30 - 9:30	<p>Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	9:00 - 10:00	<p>Class: <u>Morning Stretch</u> Instructor: <u>Marianella</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
10:00 - 11:00	<p>Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	3:30 - 4:30	<p>Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 - 12 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
2:30 - 3:30	<p>Class: <u>Snapology: Wonderful Wizards Part II</u> Instructor: <u>Daniel</u> Age Group: <u>5 - 12 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	4:30 - 5:30	<p>Class: <u>Good Vibe Tribe Teen Service Adventures</u> Instructor: <u>Cindy</u> Age Group: <u>11 - 16 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
4:00 - 5:00	<p>Class: <u>Kids Cooking Class</u> Instructor: <u>Marianella</u> Age Group: <u>Kids</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>			
5:00 - 6:00	<p>Class: <u>Dry Land Swim Work Out</u> Instructor: <u>Marianella</u> Age Group: <u>6 - 14 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>			
6:00 - 7:15	<p>Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>			



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Friday		10/02/20	Saturday		10/03/20
Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFORMATION	ZOOM LOGIN INFORMATION
8:30 - 9:30	<p>Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	9:00 - 10:00	<p>Class: <u>Yoga</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
3:30 - 4:30	<p>Class: <u>Quarantine Talk Time for Tweens and Teens</u> Instructor: <u>Dr. Dawson</u> Age Group: <u>10 years and up</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	3:00 - 4:00	<p>Class: <u>Jazz Fusion</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>
6:00 - 7:15	<p>Class: <u>Pilates</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>	4:00 - 5:00	<p>Class: <u>Hip Hop</u> Instructor: <u>Charles</u> Age Group: <u>7 - 12 years old</u> Host: <u>Marianella</u></p> <p>Check for email confirmation containing info about joining the meeting</p>	<p>Click Here: Register in advance for this webinar</p>