



# TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT ZOOM PROGRAMS WEEKLY SCHEDULE

IT STARTS IN  
**PARKS**  
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT

Monday		11/30/20	Tuesday		12/01/20
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><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></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><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>
3:30 - 4:30	<p>Class: <u>Gymnastics</u>            Instructor: <u>Dujon/Trina</u>            Age Group: <u>6 - 12 years old</u>            Host: <u>Tiya</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>	3:30 - 4:15	<p>Class: <u>Creative Time</u>            Instructor: <u>Jessica</u>            Age Group: <u>8 and under</u>            Host: <u>Diego</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>
6:00 - 7:15	<p>Class: <u>Yoga</u>            Instructor: <u>Claudia</u>            Age Group: <u>Adults and Seniors</u>            Host: <u>Tiya</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>	4:30 - 5:30	<p>Class: <u>Good Vibe Tribe</u>  <u>Teen Service Adventures</u>            Instructor: <u>Cindy</u>            Age Group: <u>11 - 16 years old</u>            Host: <u>Diego</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>



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Wednesday 12/02/20		Thursday 12/03/20	
Times	CLASS INFORMATION	Times	ZOOM LOGIN INFORMATION
8:30 - 9:30	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>Diego</u>  <b>Check for email confirmation containing info about joining the meeting</b>	9:00 - 10:00	Click Here: <a href="#">Register in advance for this webinar</a>
10:00 - 11:00	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>Diego</u>  <b>Check for email confirmation containing info about joining the meeting</b>	3:30 - 4:30	Click Here: <a href="#">Register in advance for this webinar</a>
6:00 - 7:15	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>Mike</u>  <b>Check for email confirmation containing info about joining the meeting</b>	4:30 - 5:30	Click Here: <a href="#">Register in advance for this webinar</a>



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Friday		12/04/20	Saturday		12/05/20
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>Kevin</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>	9:00 - 10:00	<p>Class: <u>Yoga</u>            Instructor: <u>Claudia</u>            Age Group: <u>Adults and Seniors</u>            Host: <u>Tiya</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>
6:00 - 7:15	<p>Class: <u>Pilates</u>            Instructor: <u>Claudia</u>            Age Group: <u>Adults and Seniors</u>            Host: <u>Tiya</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>	10:00 - 11:00	<p>Class: <u>Snapology: Scientists Part I</u>            Instructor: <u>Kari</u>            Age Group: <u>5 - 12 years old</u>            Host: <u>Tiya</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></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>Jean</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>
			4:30 - 5:30	<p>Class: <u>Hip Hop</u>            Instructor: <u>Charles</u>            Age Group: <u>7 - 12 years old</u>            Host: <u>Jean</u></p> <p><u>Check for email confirmation containing info about joining the meeting</u></p>	<p>Click Here:  <a href="#">Register in advance for this webinar</a></p>