

TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT SUMMER ZOOM PROGRAMS

	Monday	6/21/21		Tuesday	6/22/21
Times	CLASS INFOMATION	ZOOM LOGIN	Times	CLASS INFOMATION	ZOOM LOGIN
10:00 11:00	Class: Toning with Weights Instructor: Marianella Age Group: Adults and Seniors Host: Marianella Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	8:30 - 9:30	Class: Morning Stretch Instructor: Marianella Age Group: Adults and Seniors Host: Marianella Check for email confirmation containing info about joining the meeting	Click Here: <u>Register in</u> advance for this webinar
6:00 - 7:15	Class: Yoga Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u>	Click Here: Register in advance for this webinar			

<u>Check for email confirmation containing</u> info about joining the meeting

Wednesday

6	/23	/21	
- U			

Thursday

6/24/21

Times	CLASS INFOMATION	ZOOM LOGIN INFORMATION	Times	CLASS INFOMATION	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>P&R Staff</u> <u>Check for email confirmation containing</u> info about joining the meeting	Click Here: Register in advance for this webinar	8:30 - 9:30	Class: Morning Stretch Instructor: Marianella Age Group: Adults and Seniors Host: Marianella Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar
10:00 _ 11:00	Class: <u>Zumba</u> Instructor: <u>Ileana/Jennifer</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar			
6:00 - 7:15	Class: <u>Aerobics/Body Sculpting</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> 6/16 & 6/23 Classes are canceled, Class will resume on June 30.	Click Here: Canceled			



TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT SUMMER ZOOM PROGRAMS

	Friday	6/25/21		Saturday	6/26/21
Times	CLASS INFOMATION	ZOOM LOGIN	Times	CLASS INFOMATION	ZOOM LOGIN
8:30 - 9:30	Class: <u>Cardio and Strength</u> Instructor: <u>Vivian</u> Age Group: <u>Active Adults</u> Host: <u>P&R Staff</u> Check for email confirmation containing info about joining the meeting	Click Here: Register in advance for this webinar	9:30 - 10:30	Class: <u>Kids Zumba</u> Instructor: <u>Jennifer/Ileana</u> Age Group: <u>6 – 14 years old</u> Host: <u>P&R Staff</u> Check for email confirmation containing info about joining the meeting	Click Here: <u>Register in</u> advance for this webinar
6:00 - 7:15	Class: <u>Pilates</u> Instructor: <u>Claudia</u> Age Group: <u>Adults and Seniors</u> Host: <u>P&R Staff</u> Check for email confirmation containing	Click Here: Register in advance for this webinar			

Check for email confirmation containing info about joining the meeting