



# TOWN OF SURFSIDE PARKS & RECREATION DEPARTMENT SUMMER ZOOM PROGRAMS



| Monday      |  | 07/26/21  | Tuesday     |   | 07/27/21  |
|-------------|--|---|-------------|---|---|
| Times       | <b>CLASS INFOMATION</b>  | <b>ZOOM LOGIN INFORMATION</b>                                       | Times       | <b>CLASS INFOMATION</b>   | <b>ZOOM LOGIN INFORMATION</b>                                       |
|             | Class: <u>Yoga</u><br>Instructor: <u>Claudia</u><br>Age Group: <u>Adults and Seniors</u><br>Host: <u>P&amp;R Staff</u> | Click Here:<br><a href="#">Register in advance for this webinar</a> |             | Class: <u>Morning Stretch</u><br>Instructor: <u>Tanya</u><br>Age Group: <u>Adults and Seniors</u><br>Host: <u>P&amp;R Staff</u> | Click Here:<br><a href="#">Register in advance for this webinar</a> |
| 6:00 - 7:15 | Check for email confirmation containing info about joining the meeting   |   | 8:30 - 9:30 | Check for email confirmation containing info about joining the meeting  |   |

| Wednesday     |   | 07/28/21  | Thursday    |   | 07/29/21  |
|---------------|---|---|-------------|---|---|
| Times         | <b>CLASS INFOMATION</b>   | <b>ZOOM LOGIN INFORMATION</b>                                       | Times       | <b>CLASS INFOMATION</b>   | <b>ZOOM LOGIN INFORMATION</b>                                       |
|               | Class: <u>Cardio and Strength</u><br>Instructor: <u>Vivian</u><br>Age Group: <u>Active Adults</u><br>Host: <u>P&amp;R Staff</u>           | Click Here:<br><a href="#">Register in advance for this webinar</a> |             | Class: <u>Morning Stretch</u><br>Instructor: <u>Tanya</u><br>Age Group: <u>Adults and Seniors</u><br>Host: <u>P&amp;R Staff</u> | Click Here:<br><a href="#">Register in advance for this webinar</a> |
| 8:30 - 9:30   | Check for email confirmation containing info about joining the meeting  |   | 8:30 - 9:30 | Check for email confirmation containing info about joining the meeting  |   |
| 10:00 - 11:00 | Class: <u>Zumba</u><br>Instructor: <u>Ileana/Jennifer</u><br>Age Group: <u>Adults and Seniors</u><br>Host: <u>P&amp;R Staff</u>           | Click Here:<br><a href="#">Register in advance for this webinar</a> |             |   |   |
| 6:00 - 7:15   | Check for email confirmation containing info about joining the meeting  |   |             |   |   |
|               | Class: <u>Aerobics/Body Sculpting</u><br>Instructor: <u>Claudia</u><br>Age Group: <u>Adults and Seniors</u><br>Host: <u>P&amp;R Staff</u> | Click Here:<br><a href="#">Register in advance for this webinar</a> |             |   |   |
|               | Check for email confirmation containing info about joining the meeting  |   |             |   |   |



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

| Friday      |   | 07/30/21  | Saturday     |  | 07/31/21  |
|-------------|---|---|--------------|--|---|
| Times       | CLASS INFORMATION   | ZOOM LOGIN INFORMATION  | Times        | CLASS INFORMATION  | ZOOM LOGIN INFORMATION  |
| 8:30 - 9:30 | <p>Class: <u>Cardio and Strength</u><br/>Instructor: <u>Vivian</u><br/>Age Group: <u>Active Adults</u><br/>Host: <u>P&amp;R Staff</u></p> <p>Check for email confirmation containing info about joining the meeting</p> | <p>Click Here:<br/><a href="#">Register in advance for this webinar</a></p> | 9:30 - 10:30 | <p>Class: <u>Kids Zumba</u><br/>Instructor: <u>Jennifer/Ileana</u><br/>Age Group: <u>6 - 14 years old</u><br/>Host: <u>P&amp;R Staff</u></p> <p>Check for email confirmation containing info about joining the meeting</p> | <p>Click Here:<br/><a href="#">Register in advance for this webinar</a></p> |
| 6:00 - 7:15 | <p>Class: <u>Pilates</u><br/>Instructor: <u>Claudia</u><br/>Age Group: <u>Adults and Seniors</u><br/>Host: <u>P&amp;R Staff</u></p> <p>Check for email confirmation containing info about joining the meeting</p>       | <p>Click Here:<br/><a href="#">Register in advance for this webinar</a></p> |              |  |   |