



*Town of Surfside Parks and Recreation Department
Fall Session I 2023 Registration Begins
Residents: July 24 Non-Residents: August 14 2023*



SCAN FOR FLYERS

ADULT AND SENIOR PROGRAMS

PROGRAM	DAYS/DATES	HOURS	AGES	FEE PER SESSION
Zumba	<u>Mondays</u> 9/11 - 10/23/23 No Class 9/25	9:00-10:00am	18-54yrs.	Residents \$72.00 Non-Residents \$102.00
Zumba Gold	<u>Mondays</u> 9/11 - 10/23/23 No Class 9/25	9:00-10:00am	55 & Over	Residents \$30.00 Non-Residents \$42.00
Adult Art Class	See Flyer	See Flyer	See Flyer	See Flyer
Pilates	<u>Tuesdays</u> 9/5 - 10/24/23	7:15-8:15pm	16 & Over	Residents \$96.00 Non-Residents \$136.00
Senior Time	<u>Wednesdays</u> 9/6 - 10/25/23	10:00-12:00pm	18 & Over	Free
Current Events	<u>Thursdays</u> 9/7 - 10/26/23	10:15-12:15pm	18 & Over	Free
Yoga	<u>Thursdays</u> 9/7 - 10/26/23	7:15-8:15pm	16 & Over	Residents \$96.00 Non-Residents \$136.00
Silver Sneakers: Cardio & Strength	<u>Tuesdays & Fridays</u> 9/5 - 10/27/23 No Class 9/15 & 10/6	9:00-10:00am	50 & Over	S.S Members: Free Non-Members: \$5.00



SCAN FOR ONLINE
REGISTRATION

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



6/28/2023