



## Virtual Wellness Classes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Bootcamp</b> 12:00pm - 12:45pm <a href="#">Bootcamp-Link</a>	<b>Zumba</b> 12:00pm - 12:45pm <b>Noon Zumba</b> <a href="#">Link</a> Password: Zumba Time	<b>Bootcamp</b> 12:00pm - 12:45pm <a href="#">Bootcamp-Link</a>	<b>Zumba</b> 12:00pm - 12:45pm <b>Noon Zumba</b> <a href="#">Link</a> Password: Zumba Time	<b>Bootcamp</b> 12:00pm - 12:45pm <a href="#">Bootcamp-Link</a>	<b>Zumba</b> 12:00pm - 12:45pm <a href="#">Zumba Time Zoom Link</a>	
<b>Zumba</b> 1:00pm - 1:45pm <a href="#">Zumba Time Link</a> Password: Zumba Time	<b>Bootcamp</b> 1:00pm - 1:45pm <a href="#">Bootcamp-Link</a>	<b>Zumba</b> 1:00pm - 1:45pm <a href="#">Zumba Time Link</a> Password: Zumba Time	<b>Bootcamp</b> 1:00pm - 1:45pm <a href="#">Bootcamp-Link</a>	<b>Zumba</b> 1:00pm - 1:45pm <a href="#">Zumba Time Link</a> Password: Zumba Time	<b>Bootcamp</b> 1:00pm - 1:45pm <a href="#">Weekend Bootcamp Zoom Link</a>	
<b>Pilates</b> 4:30pm - 5:15pm <a href="#">Pilates Link</a>		<b>Pilates</b> 4:30pm - 5:15pm <a href="#">Pilates Link</a>		<b>Pilates</b> 4:30pm - 5:15pm <a href="#">Pilates Link</a>		
	<b>Blast Cardio</b> 5:30pm to 6:15pm <a href="#">Link: Liz Tue PM</a> Meeting #: 698 251 725		<b>Blast Cardio</b> 5:30pm to 6:15pm <a href="#">Link: Liz Thu PM</a> Meeting #: 509 053 493			
	<b>Bootcamp</b> 6:30pm - 7:15pm <a href="#">Bootcamp-Link</a>		<b>Bootcamp</b> 6:30pm - 7:15pm <a href="#">Bootcamp-Link</a>			

If you have issues accessing above virtual classes, please contact fitness providers below:

Discipline	Fitness Provider	Contact
Bootcamp	CantStopFitness	Call or text (786) 624-0090
Endurance and Body&Mental Interval	IForeverInTraining	Call or text (305) 951-4431
Pilates	The Pilates Place South Beach	Call or text (305) 491-2230
Zumba	NineArts	Call or text (305) 335-7115

*"Serving, Enhancing, and Transforming our Community"*