

ACTIVE islander



KEY BISCAIYNE COMMUNITY CENTER VIRTUAL FITNESS CLASSES FOR ADULTS

Enjoy these virtual fitness classes taught by Community Center fitness experts from the comfort and safety of your home. For classes available on Zoom, simply [download and install the Zoom app](#) on any electronic device.

YOGA CLASSES

VEROYOGA LIVE STREAMING & ON-DEMAND CLASSES

Practice from any location through your internet-based device. Now the links are available from 8:30 AM until 10:00 PM every day. Practice VeroYoga ANYTIME of the day to get strong, flexible, resilient and serene. Visit www.veroyoga.com to purchase your pass. For information call Veronica at 305-365-5483.

WEEKLY SCHEDULE— STREAMED LIVE ON YOUTUBE

Multi-Level 1	Mondays	8:30 – 10:00 AM
Gentle VeroYoga	Tuesdays	8:30 – 10:00 AM
Multi-Level 1	Wednesdays	8:30 – 10:00 AM
Gentle VeroYoga	Thursdays	8:30 – 10:00 AM
Multi-Level 1	Fridays	8:30 – 10:00 AM
Multi-Level 2	Sundays	9:30 – 11:00 AM



YOGA WITH KERSTIN ESKELI

Meets several times per week through Zoom. Workshops also available. To register and receive participation instructions, call/text Kerstin at 786-970-3636 or email kerstinc.eskeli@gmail.com

WEEKLY SCHEDULE— STREAMED LIVE ON ZOOM (Meeting ID: 284 008 8842 Password: 4567)

Gentle Yoga for All with Pilates Core	Mondays/Wednesdays/Fridays	8:00 – 9:00 AM
Power Yoga	Mondays/Wednesdays	5:45 – 6:45 PM

FITNESS CLASSES

BODY SCULPTING WITH JENNIFER RATHJENS

Monday thru Saturday at 9:00 AM via Zoom

Contact Jennifer at jamc13@mac.com or 786-942-4355

Join Jennifer's Virtual Sculpting Group on Facebook [here](#)

VIRTUAL FITNESS WITH MARQUINHO

Personal Training & Group Classes, including Functional Training, Body Sculpting, Yoga, Spinning, & Zumba

See [promo video](#). Learn more and register at www.LifeFitVirtual.com.

Contact Marquinho at braziliansculpt@yahoo.com or 786-222-4114

FAMILY FUNCTIONAL TRAINING WITH ALEXANDRE FURTADO - FREE!

Live sessions free via www.instagram.com/alefurdadoperformance

Contact Alexandre at alexandrefurtado21@gmail.com or 305-458-4245

ZUMBA WITH RITA RIVAS - FREE!

Mondays & Wednesdays at 6:30 PM; Saturdays at 10:30 AM via Zoom

Free via Zoom; Meeting ID: 652 771 4896 Password: 418972

<https://www.instagram.com/zumbakb/>

ENHANCE FITNESS FOR SENIORS WITH MARILYN MYLES - FREE!

Mondays, Wednesdays & Fridays at 2:00 PM via Zoom

Free via Zoom; Meeting ID: 655 749 6003 Password: 6557496003

[Click here](#) to watch a pre-recorded video on YouTube

Contact Marilyn at marilynmyles@yahoo.com or 305-790-6345

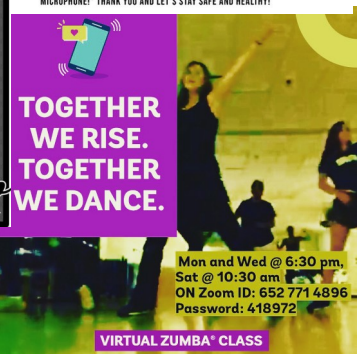


MONDAY THRU SATURDAY
9:00AM
\$10.00 PER CLASS



WELCOME TO
**JENNIFER'S
VIRTUAL
SCULPTING CLASS**

- HOW TO JOIN VIA ZOOM:
FOR PAYMENT INFORMATION: VENMO, CASH APP, ZELLE OR PAYPAL
- 1- DOWNLOAD THE ZOOM APPLICATION ON YOUR PHONE, IPAD OR COMPUTER.
 - 2- PLEASE MAKE YOUR CLASS PAYMENT AN HOUR BEFORE THE CLASS (8:00AM) VIA VENMO (@JENNIFER-RATHJENS), CASH APP (\$JENRATH13), ZELLE (JENNIFER RATHJENS) OR PAYPAL (PAYPAL.ME/JRATHJENS13). \$10.00 PER CLASS.
 - 3- YOU WILL RECEIVE A LINK TO THE ZOOM CLASS VIA E-MAIL, TEXT MESSAGE OR WHATSAPP AS SOON AS PAYMENT IS COMPLETE FOR EACH CLASS.
 - 4- MAKE SURE YOU CLICK JOIN WITH AUDIO, TURN YOUR VIDEO ON & "MUTE YOUR MICROPHONE" THANK YOU AND LET'S STAY SAFE AND HEALTHY!



TOGETHER
WE RISE.
TOGETHER
WE DANCE.

Mon and Wed @ 6:30 pm,
Sat @ 10:30 am
ON Zoom ID: 652 771 4896
Password: 418972

VIRTUAL ZUMBA CLASS

For more information, please contact Richard Perez at (786) 778-6507 or RPerez@keybiscayne.fl.gov