

# ACTIVE islander



## KEY BISCAIYNE COMMUNITY CENTER IN-PERSON & 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](http://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](mailto: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

Mon/Wed/Fri at 9:00 AM at the Village Green & via Zoom  
Steps on Tues/Thurs/Sat via Zoom - Facebook live [here](#)  
Contact Jennifer at [jamc13@mac.com](mailto:jamc13@mac.com) or 786-942-4355

### IN-PERSON & 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](http://www.LifeFitVirtual.com).  
Contact Marquinho at [braziliansculpt@yahoo.com](mailto:braziliansculpt@yahoo.com) or 786-222-4114

### FAMILY FUNCTIONAL TRAINING WITH ALEXANDRE FURTADO - FREE!

Live sessions free via [www.instagram.com/alefurdadoperformance](http://www.instagram.com/alefurdadoperformance)  
Contact Alexandre at [alexandrefurtado21@gmail.com](mailto: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](mailto: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