



Enjoy these virtual fitness classes taught by Community Center fitness experts as “we stay at home to flatten the curve.” For classes available on Zoom in Eastern Standard Time (EST), simply download and install the Zoom app on any electronic device to facilitate entry. Then, click the “link to join” for one of the classes below. New to Zoom? Join at <https://zoom.us/>

Please contact instructors for payment and streaming options.

MONDAY

- 8:00 am - 9:00 am

Gentle Yoga for all with Pilates Core Work with Kerstin; Contact kerstinc.eskeli@gmail.com
- 8:30 am - 10:30 am

Vero Yoga (Level 1); www.veroyoga.com
- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>
- 6:00 pm - 7:00 pm

Power Yoga with Kerstin; Contact kerstinc.eskeli@gmail.com
- 6:30 pm - 7:30 pm

FREE KB Zumba with Rita; Zoom ID 652-771-4896 pw 418972 <https://www.instagram.com/zumbakb/>

TUESDAY

- 8:30 am - 10:30 am

Vero Yoga (Gentle); www.veroyoga.com
- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>
- 5:00 pm - 6:00 pm

FREE Family Functional Training with Alexandre Furtado
<https://www.instagram.com/alefurtadoperformance/>

WEDNESDAY

- 8:00 am - 9:00 am

Kerstin’s Gentle Yoga for all with Pilates Core Work; Contact kerstinc.eskeli@gmail.com
- 8:30 am - 10:30 am

Vero Yoga (Level 1); www.veroyoga.com
- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>
- 6:00 pm - 7:00 pm

Power Yoga with Kerstin; Contact kerstinc.eskeli@gmail.com
- 6:30 pm - 7:30 pm

FREE KB Zumba with Rita; Zoom ID 652-771-4896 pw 418972 <https://www.instagram.com/zumbakb/>

THURSDAY

- 8:30 am - 10:30 am

Vero Yoga (Gentle); www.veroyoga.com
- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>
- 5:00 pm - 6:00 pm

FREE Family Functional Training with Alexandre Furtado
<https://www.instagram.com/alefurtadoperformance/>

FRIDAY

- 8:00 am - 9:00 am

Kerstin’s Gentle Yoga for all with Pilates Core Work; Contact kerstinc.eskeli@gmail.com
- 8:30 am - 10:30 am

Vero Yoga (Level 1); www.veroyoga.com
- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>

SATURDAY

- 9:00 am - 10:00 am

Jennifer’s Sculpting Zoom Class; Contact jmac13@mac.com
- 9:30 am - 10:30 am

Power Yoga with Kerstin; Contact kerstinc.eskeli@gmail.com
- 10:30 am - 11:30 am

LifeFit Body Sculpting/Functional Training with Marquinho FaceBook LIVE
<https://www.facebook.com/marquinho.b.mendonca>
- 10:30 am - 11:30 am

FREE KB Zumba with Rita; Zoom ID 652-771-4896 pw 418972 <https://www.instagram.com/zumbakb/>

SUNDAY

- 9:30 am - 11:00 am

Vero Yoga (Level 2); www.veroyoga.com

VIRTUAL PERSONAL TRAINING SESSIONS

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Kerstin Eskeli	(786) 970-3636	KerstinC.Eskeli@gmail.com

For more information, please contact Richard Perez at (786) 778-6507