

**SOUTHWEST FOCAL POINT COMMUNITY CENTER
301 NW 103RD AVE, PEMBROKE PINES
954-450-6888**

FREE - DAILY VIRTUAL EXERCISE CLASSES

SALSA WITH SCOTT ON WEDNESDAYS AT 11:00 AM

<https://ppines.webex.com/ppines/j.php?MTID=m043be121645352b1ad1a7371a4e04267>

Some computers will ask for a Meeting number: 129 035 2659 Password: Salsa

AGELESS GRACE WITH LANA ON THURSDAYS AT 11:00 AM

<https://ppines.webex.com/ppines-en/j.php?MTID=mf83bbe2ae033f3a516fe8ca119eb8e50>

Some computers will ask for a Meeting number: 129 821 8624 Password: Lana

CHAIR YOGA WITH KIM ON MONDAYS AT 10:00 AM

<https://ppines.webex.com/ppines/j.php?MTID=m8b27d659cf2b1c70ef7bdd5f1bf2eaa6>

Some computers will ask for a Meeting number: 173 012 6166 Password: ChairYoga

CHAIR TOTAL FITNESS WITH CARLOS ON TUESDAYS AT 11:00 AM

<https://ppines.webex.com/ppines/j.php?MTID=m924a0ab088b27df31a4a7a484efc61bd>

Some computers will ask for a Meeting number: 173 645 5457 Password: totalfitness

20/20/20 FITNESS CLASS WITH KIM ON FRIDAYS AT 11:00 AM

<https://ppines.webex.com/ppines-en/j.php?MTID=afb225cf4598fed36f7f097738d589e41>

Some computers will ask for a Meeting number: 129 083 8872 Password: FITNESS



954-913-0932 Adriana

CLASSES PROUDLY SPONSORED BY:



954-684-6794 Steve Siplak



954-534-7696



954-258-1192 Leonis Lamoru