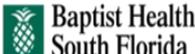


**Carl Shechter Southwest Focal Point Community Center**  
**301 NW 103rd Avenue/Pembroke Pines/954-450-6888**  
**Classes and Programs (Jan. Feb. March 2026)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Senior Power Fitness (M/H)</b> 9:00am-10:00am FREE for SWFP members <i>* Las Mercedes *</i>	<b>20/20/20 (M/H)</b> 8:30am-9:30am FREE for SWFP members <i>* Humana *</i>	<b>Senior Power Fitness (M/H)</b> 9:00am-10:00am FREE for SWFP members <i>* Careplus *</i>	<b>Zumba (M/H)</b> 9:30am-10:30am FREE for SWFP members <i>* Baptist *</i>
<b>Water Aerobics (Pool)</b> 9:30am-10:30am FREE for SWFP members <i>Limit 12 people</i> <i>* Caregivers of America *</i>	<b>ESOL Classes (Citizenship)</b> 9:00am-10:00am (Rm 212) <b>Citizenship Classes (Rm 212)</b> 10:00am – 2:00pm	<b>Creative Writing (Rm 212)</b> 9:00am-10:00am (English – 6 weeks) FREE for SWFP members	<b>Chair Exercise (Gym 1)</b> 9:00am-10:00am (Video) FREE for SWFP members	<b>Meditation Quest (Gym 1)</b> 9:30am-10:30am FREE for SWFP members <i>* Health Sun *</i>
<b>Line Dancing (M/H)</b> 9:30am-10:30am FREE for SWFP members <i>* All in One Benefits *</i>	<b>Floral Arranging (Rm 209)</b> 9:30am-11:30am 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday (\$25/pp includes materials) Evening: 1 <sup>st</sup> Tues of the month 6:00-8:00pm - \$35	<b>Yoga (Gym 1)</b> 9:45am-10:45am (\$15/month)	<b>Beginner's Charcoal Class</b> 9:30 am – 11:30 am (\$40 per session)	<b>Beginner Acrylic (Rm 209)</b> 9:30am-11:30am (\$40 per session)
<b>Int. Acrylic (Rm 209)</b> 9:30am-11:30am (\$40 per session)	<b>Pottery (Rm 207)</b> 9:30am-11:30am (\$45 per session)	<b>Zumba (M/H)</b> 9:30am-10:30am FREE for SWFP members <i>* All in One Benefits *</i>	<b>Beginner's Sewing (Rm 213)</b> 9:30 am -11:30 am (\$45 per session)	<b>Card Making (Rm 213)</b> 10:00am-1:00pm FREE for SWFP members
<b>Cardio, Strength &amp; Core (Gym 2)</b> 9:45am-10:45am (\$15/month)	<b>Embroidery Class (Rm 213)</b> 10:00am-12:00pm FREE for SWFP members	<b>Pottery (Rm 207)</b> 9:30am-11:30am (\$45 per session)	<b>Spanish Book Club (Rm 215)</b> 11:00am-1:00pm Free for SWFP members 3 <sup>rd</sup> Thursday of the month	<b>Ageless Grace (Gym 1)</b> 11:00am-12:00pm FREE for SWFP members <i>* All in One Benefits *</i>
<b>Crochet &amp; Knitting (Rm 213)</b> 10:00am-12:00pm FREE for SWFP members	<b>Yoga (Gym 1)</b> 10:30am-11:30am (\$15/month)	<b>Arts &amp; Crafts (Rm 213)</b> 9:30am-12:30pm FREE for SWFP members <i>Limit 10 people</i>	<b>Salsa Class (M/H)</b> 10:30am-11:30am FREE for SWFP members <i>* Devoted Health *</i>	<b>Chair Total Fitness (M/H)</b> 11:30am-12:30pm FREE for SWFP members <i>* Conviva *</i>
<b>English with Morris (212)</b> 10:30am-11:30am FREE for SWFP members	<b>Tai Chi Fan (M/H)</b> 11:00am-12:00pm FREE for SWFP members <i>* Claremedica *</i>	<b>Colored Pencil (Rm 212)</b> 10:00am-12:00pm (\$40 per session)	<b>Tai Chi- Advanced (Gym 1)</b> 10:30am-11:30am (\$15/month)	<b>Advanced Acrylic (Rm 209)</b> 12:00pm-2:00pm (\$40 per session)
<b>Yoga (Gym 2)</b> 11:00am-12:00pm (\$15/month)	<b>Chair Yoga (Gym 1)</b> 12:00pm-1:00 pm (\$15/month) No class on 11/11/25	<b>Spanish Book Club</b> Free for SWFP members 11:00am-1:00pm 1 <sup>st</sup> Wednesday of the month	<b>Beginner Spanish (212)</b> 11:30am-12:30pm (\$20 per session)	<b>Personal Training (Weight Room)</b> 12:45pm-1:45pm (\$25/month)
<b>Chinese Line Dancing (Gym 1)</b> 11:30am-12:30pm FREE for SWFP members	<b>Zumba Toning (M/H)</b> 12:00pm-1:00pm FREE for SWFP members <i>* Claremedica *</i>	<b>Tai Chi –Beginner (Gym 1)</b> 12:00pm-1:00pm (\$15/month)	<b>Mat Pilates (Gym 1)</b> 12:00pm-1:00pm (\$15/month)	<b>Yoga (Gym 1)</b> 3:30 – 4:30 pm (\$15/month)
<b>TheraBand Express (M/H)</b> 11:40am-12:00pm FREE for SWFP members	<b>Abstract Art (Rm 209)</b> 12:30pm-2:30pm (\$40 per session)	<b>Drawing Fundamentals (Rm 209)</b> 12:30pm-2:30pm (\$40 per session)	<b>Sewing Intern. (Rm 213)</b> 12:30pm-2:30pm (\$45 per session)	<b>Session 1: 1/5/26 – 2/13/26</b> <b>Session 2: 2/23/26 – 4/3/26</b>
<b>Songbirds (Gym 2)</b> 12:30pm-2:00pm FREE for SWFP members	<b>Salsa Class (M/H)</b> 1:00pm-2:00pm FREE for SWFP members <i>* Baptist *</i>	<b>Tai Chi-Intermediate (Gym 1)</b> 1:00pm-2:00pm (\$15/month) <b>Personal Training (Weight Room)</b> 1:00pm-2:00pm (\$25/month)	<b>Intro to Watercolor (Rm 209)</b> 12:30 pm-2:30pm (\$40 per session)	<b>M/H = Main Hall</b> <b>Gym = Gymnasium</b> <b>Rm = Classroom</b>
<b>Portrait Drawing</b> 12:30-2:30pm (\$40 per session)	<b>Advanced Piano (Gym 2)</b> 2:00pm-4:00pm (\$15 per session)	<b>Intermediate Piano (Gym 2)</b> 2:00pm-4:00pm (\$15 per session)	<b>Beginner Piano (Gym 2)</b> 2:00pm-4:00pm (\$15 per session)	<b>**A SPECIAL "THANK YOU" TO ALL OUR SPONSORS WHO PROVIDE VARIOUS SERVICES AND PROGRAMS AT THE SWFP COMMUNITY CENTER.**</b>
<b>Sewing Machine Basics (Rm 213)</b> 12:30pm-2:30pm (\$45 per session)	<b>Ballroom Dancing (Gym 1)</b> 1:15-3:15pm FREE for SWFP members	<b>Chess Lessons (Rm 212)</b> 2:00pm – 4:00pm (\$20/month)	<b>Chess Games (Rm 212)</b> 2:00pm – 4:00pm FREE for SWFP members	
<b>Adv Sword Tai Chi (Gym 1)</b> 12:45 – 1:45 pm \$15/month	<b>Chinese Qigong (Gym1)</b> 12:45-1:45pm FREE for SWFP members	<b>Bootcamp (Gym 1)</b> 3:30 – 4:30 pm \$25/month	<b>Chair Yoga (Gym 1)</b> 3:30 – 4:30 pm \$15/month	<b>Balance, Body &amp; Burn (Gym1)</b> 3:00 – 4:00 pm \$20/month
<b>Tai Chi-Beginners (Gym 1)</b> 2:00-3:00 pm \$15/month	 <b>CareGivers of America</b> <i>Home Healthcare Services</i>	 <b>LAS MERCEDES MEDICAL CENTERS</b>	 <b>Baptist Health South Florida</b>	 <b>claremedica Medical Centers</b>
 <b>Humana</b>  <b>HealthSun HEALTH PLANS</b>	 <b>ALL IN ONE BENEFITS GROUP</b>	 <b>Devoted HEALTH PLANS</b>  <b>CONVIVA Care Center</b>	 <b>Area Agency on Aging of Broward County</b>	 <b>Department of ELDER AFFAIRS STATE OF FLORIDA</b>



**Centro Comunitario Carl Shechter Southwest Focal Point  
301 NW 103ra Avenida/Pembroke Pines/954-450-6888  
Clases y Programas (enero, febrero, marzo 2026)**

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Ejercicio en Silla (Gym 1) 9:00am-10:00am (Video) GRATIS para miembros	Senior Power Fitness (M/H) 9:00am-10:00am GRATIS para miembros <b>* Las Mercedes *</b>	20/20/20 (M/H) 8:30am-9:30am GRATIS para miembros <b>* Humana *</b>	Senior Power Fitness (M/H) 9:00am-10:00am GRATIS para miembros <b>* Careplus *</b>	Zumba (M/H) 9:30am-10:30am GRATIS para miembros <b>* Baptist *</b>
Aeróbicos Acuático (Piscina) 9:30am-10:30am GRATIS para miembros Límite 12 personas <b>* Caregivers of America *</b>	Clases de ESOL (Ciudadanía) 9:00am-10:00am (Rm 212) <b>Ciudadanía (Rm 212)</b> 10:00am-2:00pm	Escritura Creativa (Rm 212) 9:00am-10:00 am (Inglés – 6 semanas) GRATIS para miembros	Ejercicio en Silla (Gym 1) 9:00am-10:00am (Video) GRATIS para miembros	Meditación (Gym 1) 9:30am-10:30am GRATIS para miembros <b>* Health Sun *</b>
Baile en Línea (M/H) 9:30am-10:30am GRATIS para miembros <b>* All in One Benefits *</b>	Arreglos Florales (Rm 209) 9:30am-11:30am 2do y 4to martes \$25/pp Nocturna - 1er martes del mes \$35/pp	Yoga (Gym 1) 9:45am-10:45am (\$15/mes)	Costura Principiante (Rm 213) 9:30am-11:30am (\$45 por sesión)	Acrílicos Principiante (Rm 209) 9:30am-11:30am (\$40 por sesión)
Acrílicos Inter. (Rm 209) 9:30am-11:30am (\$40 por sesión)	Alfarería (Rm 207) 9:30am-11:30am (\$45 por sesión)	Zumba (M/H) 9:30am-10:30am GRATIS para miembros <b>* All In One Benefits *</b>	Clase de arte con carbón 9:30 am – 11:30 am (\$40 por sesión)	Hacer Tarjetas (Rm 213) 10:00am-1:00pm GRATIS para miembros
Cardio, Fuerza y Core (Gym 2) 9:45am-10:45am (\$15/mes)	Costura y Bordados (Rm 213) 10:00am-12:00pm GRATIS para miembros	Alfarería (Rm 207) 9:30am-11:30am (\$45 por sesión)	Español Lectores al Día 11:00am-1:00pm (Rm 215) GRATIS para miembros 3er jueves del mes	Ageless Grace (Gym 1) 11:00am-12:00pm GRATIS para miembros <b>* All in One Benefits *</b>
Crochet y Tejido (Rm 213) 10:00am-12:00pm GRATIS para miembros	Yoga (Gym 1) 10:30am-11:30am (\$15/mes)	Manualidades (Rm 213) 9:30am-12:30pm Límite 10 personas GRATIS para miembros	Clase de Salsa (M/H) 10:30am-11:30am GRATIS para miembros <b>* Devoted Health</b>	Total Fitness en Silla (M/H) 11:30am-12:30pm GRATIS para miembros <b>* Conviva *</b>
Inglés con Morris (Rm 212) 10:30am-11:30am GRATIS para miembros	Tai Chi Fan (M/H) 11:00am-12:00pm GRATIS para miembros No clase 11/11 <b>* Claremedica *</b>	Lápiz de color (Rm 212) 10:00am-12:00pm (\$40 por sesión)	Tai Chi-Avanzado (Gym 1) 10:30am-11:30am (\$15/ mes)	Acrílico Avanzado (Rm 209) 12:00pm-2:00pm (\$40 por sesión)
Yoga (Gym 2) 11:00am-12:00pm (\$15/mes)	Yoga en Silla (Gym 1) 12:00pm-1:00 pm (\$15/mes) No clase 11/11/25	Español Lectores al Día 11:00am-1:00pm (Rm215) 3er miércoles del mes	Español Principiante (Rm 212) 11:30am-12:30pm (\$20 por sesión)	Entrenamiento Personal (Sala de Pesas) 12:45pm-1:45pm (\$25/mes)
Baile en Línea Chino (Gym 1) 11:30am-12:30pm GRATIS para miembros	Tonificación Zumba (M/H) 12:00pm-1:00pm GRATIS para miembros No clase 11/11 <b>* Claremedica *</b>	Tai Chi-Principiante (Gym 1) 12:00 pm-1:00pm (\$15/mes)	Estera Pilates (Gym 1) 12:00pm-1:00pm (\$15/mes)	Yoga (Gym 1) <b>3:30 – 4:30 pm</b> (\$15/mes)
Theraband Express (M/H) 11:40am-12:00pm GRATIS para miembros	Arte Abstracto (Rm 209) 12:30pm-2:30pm (\$40 por sesión)	Fundamentos Dibujo (Rm 209) 12:30pm-2:30pm (\$40 por sesión)	Costura Intermedia (Rm 213) 12:30pm-2:30pm (\$45 por sesión)	M/H = Salon Principal Gym = Gimnasio Rm = Salon
Coro de Canto (Gym 2) 12:30pm-2:00pm GRATIS para miembros	Clase de Salsa (M/H) 1pm-2pm GRATIS para miembros <b>* Baptist *</b>	Entrenamiento Personal (Sala de Pesas) 1:00pm-2:00pm (\$25/mes) Tai Chi-Intermedia (Gym 1) 1:00pm-2:00pm (\$15/mes)	Intro a la Acuarela (Rm 209) 12:30pm- 2:30pm (\$40 por sesión)	Sesión 1: 1/5/26-2/13/26 Sesión 2: 2/23/26-4/3/26
Máquina de Coser Básico (Rm 213) 12:30pm-2:30pm (\$45 por sesión)	Piano Avanzado (Gym 2) 2:00pm-4:00pm (\$15 por sesión)	Piano Intermedio (Gym 2) 2:00pm-4:00pm (\$15 por sesión)	Piano Principiantes (Gym 2) 2:00pm-4:00pm (\$15 por sesión)	<b>**UN AGRADECIMIENTO ESPECIAL A TODOS NUESTROS PATROCINADORES QUE BRINDAN DIVERSOS SERVICIOS Y PROGRAMAS EN EL CENTRO COMUNITARIO SWFP.**</b>
Tai Chi con Espada Adv (Gym1) 12:45-1:45pm (\$15/mes)	Baile de Salón (Gym1) 1:15-3:15 pm GRATIS para miembros	Lecciones de Ajedrez (Rm 212) Inglés - 2:00pm-4:00 pm (\$20/mes)	Juegos de Ajedrez (Rm 212) 2:00pm-4:00pm GRATIS para miembros	
Chino Qigong (Gym 1) 12:45-1:45pm GRATIS para miembros	Bootcamp (Gym 1) 3:30 – 4:30 pm (\$25/mes)	Yoga en Silla (Gym 1) 3:30 – 4:30 pm (\$15/mes)	Balance, Body & Burn (Gym 1) 3:00 – 4:00 pm (\$20/mes)	
Tai Chi – Principiante (Gym 1) 2:00-3:00 pm (\$15/mes)	 CareGivers of America Home Healthcare Services	 	 	
 				

