

INDIAN SHORES RECREATIONAL ACTIVITIES

WINTER/SPRING SCHEDULE January 2023 – March 2023

***RECREATION ACTIVITIES ARE HELD IN THE 4TH FLOOR COMMUNITY ROOMS #409 AND #410. NO MEMBERSHIP FEES REQUIRED – YOU PAY THE INSTRUCTOR. ALL VISITORS WELCOME!**

***Please note: Class schedules are subject to change without notice.** For the latest updates, visit www.myindianshores.com, click on the Town Calendar tab then click view all or click on the Recreation page under the Community tab, or contact the class instructor.

Library Hours



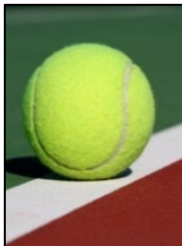
Monday's & Thursday's open 1-4 pm, beginning January 10, 2023 Tuesday's 1-4 pm. 727-595-4020 x 701. The library is located on the 3rd floor in room **307**. Membership is only \$5 per year. Newly released books, designated with a "New Book" sticker, are checked out for 2 weeks and cannot be renewed. During the high season, January thru March, only 2 newly released books may be checked out at a time. Older books may be checked out for 2 weeks and are renewable for another 2 weeks. A fine of 5 cents per day or 25 cents per week will be charged for all overdue books.

The library book return drop box is located to the right of the main entrance door. For further information contact the library during business hours Monday's & Thursday's 1-4pm, beginning January 10, 2023 Tuesday's 1-4 pm at 727-474-7767 or contact Chairperson Alice Lawrence at 727-595-2173 or email pipers@tampabay.rr.com.



Read and Feed: Each month, usually on the 4th Wed, the library hosts a Read & Feed event centered around a book recommended by a library patron. Past events have featured science fiction, mysteries, thrillers, chick lit, nonfiction, young adult, and classic literature. We've often hosted local authors who provide an even closer look not only at the book's content but of the process of bringing it to print. Everyone is welcome. After a free reception and discussion, the volunteers serve a meal inspired by the book selected. There is usually a small charge for dinner.

Future selections will be posted on the town website, the library Facebook page, and the Read & Feed email list. To sign up and for more info, contact Alice Lawrence at 727-593-2173 or email pipers@tampabay.rr.com.



Tennis or Pickle Ball Anyone? The Town's Tennis court is located on the north side of the park behind Town Hall, next to the Salt Rock Grill. Reservations are not required and there is no charge for use of the court. The court has recently been resurfaced and relined, and a new net has been installed. New lights have also been installed and are on a no-fee timer system, so you may now play after dusk when the weather is more comfortable. Hope you "love" our new court and that it "serves" you well!

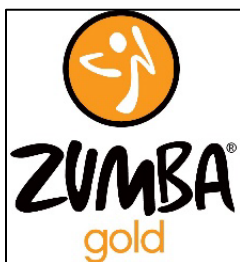
Yoga:	Monday & Thursday	9:15-10:30am	\$10/class
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Instructor: Tania Reed 813-486-8310 (trubrit94@gmail.com)

Tania teaches Hatha Yoga to beginner and experienced Yoga students. Hatha Yoga emphasizes the breath, the body and meditation. Come and experience a joyful practice. Bring your own mat, or one may be provided.

Zumba Gold:	Wednesday	10:30-11:30am	\$5/class
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Instructor: Liz Blanco 813-476-9776 (zumbadancewithliz@gmail.com)

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold is perfect for the older active adult and anyone just starting out. It is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. The intention of the class is to move a little and have a lot of fun, even if you don't perform each move perfectly. What stays the same are all the elements of the Zumba Fitness Party: the zesty Latin music and world rhythms, the exhilarating, easy to follow steps to Merengue, Salsa, Cumbia, Belly Dance, Flamenco, Tango and more!

SilverSneakers Boom: Muscle & Move Monday 11:00am-12:00pm \$5/class

Classes are free with a valid SilverSneakers ID



Instructor: Rita Moreau 813-679-2560 (rita@fitadult.com)

Boom Muscle: Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Class length 30 minutes.

Boom Move: A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. Class length 30 minutes.

Please wear proper fitness shoes and bring your free weights! Class incorporates 30 minutes of low impact cardio and 30 minutes of weight training. Bring water to stay hydrated.



Dear Pet Owner: A friendly reminder: You can be held responsible for any damages to property or injuries to persons that your pet may cause. All pets must be leashed, not allowed to run at large, and not allowed on private property without the consent of the property owner.



PETS ARE NOT ALLOWED ON THE BEACH or west of the seawall line or erosion control line, per state law. Any pet found in violation may be impounded. You must clean up after your pet or you may be fined. No pets are allowed in Indian Shores' parks; however, the Town has designated dog-walk areas with waste stations as listed below:

**191st Ave. & 2nd St., alongside the Nature Park
193rd Ave Beach Access, across from Town Hall
197th Ave., along the fence line by public parking**

**192nd Ave. & 2nd St., on the corner
196th Ave., grassy area in front of Tiki Parking lot
200th Ave., sidewalk area south of La Concha Plaza**



January 2023

< > January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 New Year's- Town Hall closed (CANCELLED) 9:15 AM Yoga w/ Tania (CANCELLED) 11:00 AM Boom Muscle & Move w/ Rita	03 1:00 PM - TENTATIVE- Special Magistrate Hearings (Face masks/coverings are required while inside Town Hall and social distancing observed.)	04 10:30 AM Zumba Gold w/ Liz	05 9:15 AM Yoga w/ Tania 6:00 PM - Indian Shores Women's Club (ISWC) Meeting	06	07
08	09 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	10 10:00 A.M. - ISWC Tree Undecorating	11 10:30 AM Zumba Gold w/ Liz	12 9:15 AM Yoga w/ Tania St. Patrick's Festival Core Team Meeting	13	14
15	16 Martin Luther King Day- Town Hall closed (CANCELLED) 9:15 AM Yoga w/ Tania (CANCELLED) 11:00 AM Boom Muscle & Move w/ Rita	17 4:30 PM - I.S.P.O.A. Board Meeting 6:00 PM - Pinellas Suncoast Fire & Rescue District Commission Meetings	18 10:30 AM Zumba Gold w/ Liz 6:00 PM Read & Feed, Guest Author Lisa Unger- 4th Floor Community Room	19 9:15 AM Yoga w/ Tania 4:30 PM Police Pension Board Meeting	20	21 10:00am Sea Gate Condo Assoc. Meeting
22	23 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	24	25 10:30 AM Zumba Gold w/ Liz	26 8:00 AM Regional Accreditation Managers' Meeting (CANCELLED) 9:15 AM Yoga w/ Tania	27	28
29	30 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	31	01	02	03	04

*Subject to change. Visit <https://www.myindianshores.com/calendar.aspx> for the most current schedule.

February 2023

< > February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 10:30 AM Zumba Gold w/ Liz	02 9:15 AM Yoga w/ Tania 6:00 PM - Indian Shores Women's Club (ISWC) Meeting	03	04
05	06 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	07 6:00 PM - TENTATIVE - Special Magistrate Hearings (Face masks/coverings are required while inside Town Hall and social distancing observed.)	08 10:30 AM Zumba Gold w/ Liz	09 9:15 AM Yoga w/ Tania	10	11
12	13 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	14	15 10:30 AM Zumba Gold w/ Liz	16 9:15 AM Yoga w/ Tania 6:00 PM Read & Feed, 4th Floor Community Room	17	18
19	20 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	21 4:30 PM - I.S.P.O.A. Board Meeting	22 10:30 AM Zumba Gold w/ Liz	23 9:15 AM Yoga w/ Tania	24	25
26	27 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	28	01	02	03	04

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March 2023

< > March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	01 10:30 AM Zumba Gold w/ Liz	02 9:15 AM Yoga w/ Tania 6:00 PM - Indian Shores Women's Club (ISWC) Meeting	03	04
05	06 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	07 1:00 PM - TENTATIVE- Special Magistrate Hearings (Face masks/coverings are required while inside Town Hall and social distancing observed.)	08 10:30 AM Zumba Gold w/ Liz	09 9:15 AM Yoga w/ Tania	10	11
12	13 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	14 7:00 AM - Municipal Election (Precinct 419)	15 10:30 AM Zumba Gold w/ Liz	16 9:15 AM Yoga w/ Tania	17	18
19	20 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	21 4:30 PM - I.S.P.O.A. Board Meeting 6:00 PM - Pinellas Suncoast Fire & Rescue District Commission Meetings	22 10:30 AM Zumba Gold w/ Liz	23 9:15 AM Yoga w/ Tania	24	25
26	27 9:15 AM Yoga w/ Tania 11:00 AM Boom Muscle & Move w/ Rita	28 5:00 PM - Special Town Council Meeting	29 10:30 AM Zumba Gold w/ Liz	30 9:15 AM Yoga w/ Tania	31	01

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