Town of Surfside Parks and Recreation Department

IT STARTS IN PARKS
Coaching. Connecting. Community.

# Pilates

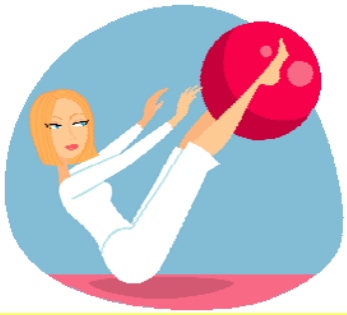
Pilates focuses on core strengthening (abdominals) and helps reshape the body by creating long, lean muscles. It also helps to strengthen the back muscles and increases flexibility. Pilates class utilizes resistance bands, pilates circles and balls.

## Tuesdays

## January 10 - February 28

## Time: 7:15 - 8:15 pm

**Please Bring A Yoga Mat**



### Fee:

Resident $80.00

Non-Resident $120.00

8 Weeks = 8 Classes

**Changes/Cancellations are subject to administrative fees*

Registration and Classes held at the Surfside Community Center
9301 Collins Avenue

### Drop in fee per class:

Residents $15
Non-Residents $23

Registration begins:
Residents - November 28
Non-Residents - December 12

Proof of residency is required at the time of registration.

**For more information please call (305) 866-3635**
**Website: www.townofsurfsidefl.gov**