



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.

INSTRUCTOR: CLAUDIA ZOELLER

Tuesdays
November 5 - December 17
Time: 7:15 - 8:15 pm
Ages: 16 and over
No Class: 11/26



Please Bring A Yoga Mat

Fee:
Resident \$72.00
Non-Resident \$102.00
7 Weeks = 7 Classes

Registration Begins:
Residents - September 23
Non-Resident - October 7

PROOF OF RESIDENCY IS REQUIRED AT THE TIME OF REGISTRATION.

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

**PROGRAM
REGISTRATION**



**SCAN
ME!**

Drop in fee per class:
Residents \$15
Non-Residents \$23

Interested in our Class Cards?
Ask the front desk for more information

*CHANGES/CANCELLATIONS ARE SUBJECT TO ADMINISTRATIVE FEES

For more information call the
Surfside Community Center (305) 866 - 3635
Website: www.townofsurfsidefl.gov