

# 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.

**Thursdays**

**January 9 - February 27**

**Time: 7:15 - 8:15 pm**

**Please Bring A Yoga Mat**

**Fee:**

Resident \$80.00  
Non-Resident \$120.00  
8 Weeks = 8 Classes  
232401E

*\*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 - Dec 2  
Non-Residents - Dec 9

Proof of residency is required at the time of registration.

For more information please call (305) 866-3635  
Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)

