

Mind over Muscles

Structured, high intensity group training sessions that exude maximum effort by incorporating TRX suspension training, body weight, resistance bands, cones, and ladders.

Format and exercises are always different to avoid boredom and complacency. Increase muscular strength & endurance, aerobic & anaerobic endurance, coordination, speed, agility, balance, and flexibility.

Thursdays

January 9 - February 27

Time: 9:30 - 10:30 am

Fee:

Resident \$80

Non-Resident \$120

8 Weeks = 8 Classes

232601B

**Changes/Cancellations are subject to administrative fees*

Drop in fee per class:

Residents \$15

Non-Residents \$23

Registration begins:

Residents - Dec 2

Non-Residents - Dec 9

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

Proof of residency is required at the time of registration.

For more information please call (305) 866-3635

Website: www.townofsurfsidefl.gov