



# 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 4 - December 16**

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

**Ages: 16 and over**

**No Class: 11/11 & 11/25**

**Please Bring A Yoga Mat**



**Fee Ages 16 - 54 :**

**Resident: \$60.00**

**Non-Resident: \$85.00**

**7 Weeks = 5 Classes**

**Drop in fee ages 16 - 54:**

**Residents: \$15**

**Non-Residents: \$23**

**Fee Ages 55+ :**

**Resident : Free**

**Non-Resident: \$35.00**

**7 Weeks = 5 Classes**

**Drop in fee ages 55+:**

**Residents: Free**

**Non-Residents: \$10**

**Registration Begins:**

**Residents - September 22**

**Non-Resident - October 6**

**PROGRAM  
REGISTRATION**

**SCAN ME**



PROOF OF RESIDENCY  
IS REQUIRED AT THE  
TIME OF REGISTRATION.

Registration and Classes  
held at the:  
**Surfside Community Center**  
(9301 Collins Avenue)

\*CHANGES/CANCELLATIONS ARE SUBJECT  
TO ADMINISTRATIVE FEES

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