



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
January 6 - February 17
Time: 7:15 - 8:15 pm
Ages: 16 and over



Please Bring A Yoga Mat

Fee Ages 16 - 54 :

Resident: \$84.00

Non-Resident: \$119.00

7 Weeks = 7 Classes

Drop in fee ages 16 - 54:

Residents: \$15

Non-Residents: \$23

Fee Ages 55+ :

Resident : Free

Non-Resident: \$49.00

7 Weeks = 7 Classes

Drop in fee ages 55+:

Residents: Free

Non-Residents: \$10

Registration Begins:
Residents - November 24
Non-Resident - December 8

**PROGRAM
REGISTRATION**



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