



# 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**  
**September 2 - October 21**  
**Time: 7:15 - 8:15 pm**  
**Ages: 16 and over**  
**No Class: 9/23, 10/7 & 10/14**



**Please Bring A Yoga Mat**

**Fee:**  
**Resident \$60.00**  
**Non-Resident \$85.00**  
**8 Weeks = 5 Classes**

**Registration Begins:**  
**Residents - July 21**  
**Non-Resident - August 4**

PROOF OF RESIDENCY IS REQUIRED  
AT THE TIME OF REGISTRATION.

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

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

PROGRAM  
REGISTRATION



\*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)