

# **BODY SCULPTING**

This fitness class is focused on muscle toning and core strength exercises. We will perform weight training moves utilizing dumbbells, weighted balls, bands and a variety of exercise equipment to help tone the body and create long, lean, strong muscles.

Instructor: Claudia Zoeller

**THURSDAYS**  
**JANUARY 6 - FEBRUARY 24**  
**TIME: 7:15- 8:15 PM**  
**AGES: 16 AND OVER**



**FEE:**  
**RESIDENT \$96.00**  
**NON-RESIDENT \$136.00**  
**8 WEEKS = 8 CLASSES**

**REGISTRATION BEGINS:**  
**RESIDENTS - DECEMBER 1**  
**NON-RESIDENTS - DECEMBER 13**  
REGISTRATION AND CLASSES HELD AT  
THE SURFSIDE COMMUNITY CENTER  
9301 COLLINS AVENUE



**DROP IN FEE PER CLASS:**  
**RESIDENTS \$15**  
**NON-RESIDENTS \$23**

**INTERESTED IN OUR CLASS CARDS?  
ASK THE FRONT DESK FOR MORE INFORMATION**

**PROOF OF RESIDENCY IS REQUIRED AT THE TIME OF REGISTRATION.**  
**\*CHANGES/CANCELLATIONS ARE SUBJECT TO ADMINISTRATIVE FEES**



**FOR MORE INFORMATION CALL THE  
SURFSIDE COMMUNITY CENTER (305) 866-3635 IT STARTS IN  
WEBSITE: WWW.TOWNOFSURSIDEFL.GOV**

**PARKS**  
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