

# 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 5 - October 24**  
**Time: 7:15 - 8:15 pm**  
**Ages: 16 and over**



**Please Bring A Yoga Mat**

**Fee:**  
**Resident \$96.00**  
**Non-Resident \$136.00**  
**8 Weeks = 8 Classes**

PROOF OF RESIDENCY IS REQUIRED  
AT THE TIME OF REGISTRATION.

**Registration Begins:**  
**Residents - July 24**  
**Non-Resident - August 14**

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

\*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)

IT STARTS IN  
**PARKS**  
HEALTH • COMMUNITY • ECONOMY • ENVIRONMENT