NORTH MIAMI FLORIDA
Parks and Recreation
It Starts in Parks

Griffing Center Activity Registration:

Griffing Center 12220 Griffing Boulevard – 305.893.3771 or
The Parks and Recreation Office 12300 NE 8 Avenue - 305.895.9840
Annual Membership required:
North Miami Residents - FREE • Non-Residents - $20.00
Proof of residency is required.

PILATES

Fridays
7:00 - 8:00 p.m.

with **Instructor Claudia Zoeller**

$5.00 per class or $32.00 for 8 class session

Sessions:
January 8 - February 26, 2016
March 4 - April 29, 2016
(No Class: 3/25)

GRIFFING COMMUNITY CENTER
12220 Griffing Boulevard
North Miami, FL 33161
For more information, please call 305-893-3771.

This unique workout builds core strength, coordination, balance and flexibility through a series of mat exercises, toning your entire body.

Bring your own fitness mat and towel.
Wear comfortable clothing.

YOU MAY REGISTER AT:
Griffing Center, 12220 Griffing Boulevard - 305.893.3771
Payments can be made by cash, cashier's check or money order.
or at
The Parks and Recreation Office, 12300 NE 8 Avenue - 305.895.9840
Payments can be made by credit card, cash,
cashier's check or money order.

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@nomiparks

LET'S MOVE!
AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS

NorthMiamiFL.gov/Parks

The City of North Miami does not discriminate on the basis of disability in the admission or access to, or treatment or employment in its programs or activities.