



Parks and Recreation
It Starts in Parks



PILATES

Fridays
7:00 - 8:00 pm

\$5.00 per class or \$32.00 for 8 class session

Sessions:

August 28 – October 16, 2015
October 23 – December 18, 2015

10/30 class will be held on 10/26

(No Class: 11/27)

Griffing Community Center
12220 Griffing Blvd.
North Miami | 33161
For more information call 305-893-3771

NorthMiamiFL.gov/Parks

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.

Griffing Center Activity Registration:

Annual Membership required: North Miami Residents - FREE • Non-Residents - \$20.00
Proof of residency is required.

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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AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS



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.