



YOGA & PILATES

with **Instructor Claudia Zoeller**

Bring your own fitness mat, towel and comfortable clothing is suggested.

GRIFFING COMMUNITY CENTER

12220 Griffing Boulevard

North Miami, FL 33161

For more information, please call 305-893-3771.

Yoga

Mondays 7:15 - 8:15 p.m.

\$5 per class or \$32 for 8 class session

Sessions

September 11 - October 30, 2017

\$5 per class or \$28 for 7 class session

Sessions

November 6 - December 18, 2017

This vinyasa-style yoga class is designed to help anyone looking to learn the foundation of yoga postures, alignments and breathing techniques. Classes build endurance, flexibility and strength in a supportive environment that encourages the link between mindfulness, breath and movement. Classes are recommended for beginners as well as those with an ongoing practice.

Pilates

Fridays 7:15 - 8:15 p.m.

\$5 per class or \$32 for 8 class session

Sessions

August 18 - October 13, 2017

(No Class: 8/25)

\$5 per class or \$28 for 7 class session

Sessions

October 20 - December 22, 2017

(No Class: 10/27; 11/10; 11/24)

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

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.

NorthMiamiFL.gov/Parks



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