



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

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

Sessions

**April 24 - July 3, 2017**

*(No Class: 5/8, 5/29, 6/5)*

**July 10 - August 28, 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 7:00 - 8:00 p.m.

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

Sessions

**April 28, - June 16, 2017**

**June 23 - August 11, 2017**

**August 18 - October 6, 2017**

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**

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.

