



# TOTAL BODY SCULPTING FITNESS

with  
Instructor Val

Total body sculpting is designed for individuals looking to get in shape and be healthy. The class is built around a formulation of high/low intensity cardio, increasing body mass, nutritional coaching and building confidence.

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

**Fee: \$3.00 per class (ongoing)**  
**Tuesdays and Thursdays 9 - 10 a.m.**  
**No Class: November 23**

## 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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