



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.

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.



Find us on
Facebook

@nomiparks



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.