

**PILATES AND YOGA**

With Instructor Claudia Zoeller

**At the Keystone Community Center, 13050 Ixora Court PILATES** ages 16+

**WEDNESDAYS 7:30 – 8:30 pm**

Resident: $5 Non-resident: $8

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

**YOGA**

**SATURDAYS 11:00 – 12:00 pm**

Resident: $5 Non-resident $8

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 he link between mindfulness, breath, and movement. Classes are recommended for beginners as well as those with an ongoing practice.

**Proof of residency is required. You may register at the community center at each class or purchase a series of classes.**

**More information at North Miami Parks: 305-895-9840**