



## Croissant Park

245 West Park Drive  
Fort Lauderdale, FL 33315  
(954) 523-1063 or (954) 468-1487

# All-in-One Fitness



The class offers a fun, core-conditioning experience based on a Pilates/Yoga inspired work out. This enhanced exercise is powered by a fast moving routine that builds and strengthens flexibility and muscle tone. A stability ball helps tone your midsection through balance and strengthening exercises. This is a low impact class with vitalizing, body sculpting results!



Tuesdays & Thursdays

8:30 - 9:30 a.m.

Residents: \$70 for 10-visit punch pass

Non-Residents: \$100 for 10-visit punch pass

If you would like this publication in an alternative format (large print or audio tape), or if you need reasonable accommodation to participate in this program, please contact Marie Rock at (954) 828-4610 or [mrock@fortlauderdale.gov](mailto:mrock@fortlauderdale.gov) at least seven business days prior to this program.