



Riverside Park
Charles and Irene Radford Community Center
555 S.W. 11th Avenue
Fort Lauderdale, FL 33312
(954) 468-1553

Pilates

Pilates is a complete physical fitness discipline centered on total body conditioning. Pilates allows one to build a lean, strong, balanced body; strengthen abdominals; lengthen the spine; enhance mental focus; develop flexibility; improve posture and create better balance. Towel and mat are required. (Adult Program)



Beginning November 3

Thursdays

6:00 - 7:00 p.m.

Residents \$9 / Non-Residents \$10

10 class Pass Options:

Residents \$80 / Non-Residents \$90



*Pass is also valid at the Beach Community Center for Yoga and Pilates classes.

Payment Options:

- 1.) We accept Visa or MasterCard payments only at Riverside Park.
- 2.) To pay with cash or checks, please go to the Parks and Recreation Office at 1350 W. Broward Boulevard, Monday – Friday between 8:00 a.m. - 4:30 p.m.



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