

Adult Classes

Fitness

SUNRISE YOGA

Start your day right by improving your circulation as we introduce you to the world of yoga. This class does not require any special equipment or special clothing ... just a mat, towel, and a bottle of water.

Location: Waterways Park

March 23 - May 11	W	8:30 - 9:30 AM
Residents	\$59	213201-01
Non-Residents	\$71	

STRIDING WITH STOLLERS

This fun fitness class gives new parents an opportunity to work out without leaving the little ones at home. Participants will learn how to incorporate strollers into any workout. Participants will also build stamina, muscle strength, and flexibility. Remember to bring a towel and water with you.

Location: Founders Park

March 24 - May 12	TH	8:30 - 9:30 AM
Residents	\$59	214201-01
Non-Residents	\$71	

Location: Waterways Park

March 22 - May 10	T	6:00 - 7:00 PM
Residents	\$59	214201-02
Non-Residents	\$71	

Tennis

ROUND ROBIN

This program is designed for players who enjoy social setting of tennis. Players will play doubles and change partners every four (4) games. Tennis racquets are required.

Location: Founders Park

March 26	S	10:00 AM
Residents	\$15	214301-01
Non-Residents	\$18	

May 7	S	10:00 AM
Residents	\$15	214301-02
Non-Residents	\$18	

ADULT TENNIS CLINIC

This program is designed to educate and drill players in all aspects of the game, including serve, return, ground strokes, volleys, overheads, approach shots and specialty shots. Classes will also focus on improving rallying capabilities. Expect to work hard, learn, and improve. All participants must bring their own racquets.

Location: Founders Park

March 23 - April 13	W	5:00 - 6:00 PM
Residents	\$55	213203-01
Non-Residents	\$66	

April 20 - May 11	W	5:00 - 6:00 PM
Residents	\$55	213203-02
Non-Residents	\$66	

CARDIO TENNIS



Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Throughout the class, participants will engage in programs and drills geared for existing players to get a great cardio workout while improving their tennis skills.

Location: Founders Park

March 26 - April 16	S	9:00 - 10:00 AM
Residents	\$55	214304-01
Non-Residents	\$66	

April 23 - May 14	S	9:00 - 10:00 AM
Residents	\$55	214304-02
Non-Residents	\$66	



Adult Classes

Dance

ZUMBA

This class combines Latin-inspired dance moves mixed with pulsating rhythms. It's a sizzling workout that feels like a party!

March 21 - May 9 M 9:30 - 10:30 AM
 Adults \$65 212101-01
 Seniors \$59 112103-01

March 23 - May 11 W 9:30 - 10:30 AM
 Adults \$65 212101-02
 Seniors \$59 112103-02

March 25 - May 13 F 9:30 - 10:30 AM
 Adults \$65 212101-03
 Seniors \$59 112103-03



BELLY DANCING

Get into shape while having high energy fun! Dancers will learn terminology and creative dance moves towards improvisational performances.

March 23 - May 11 W 10:30 - 11:30 AM
 Adults \$65 212103-01
 Seniors \$59 112106-01



Fitness

PILATES MAT

Pilates is a total body workout emphasizing body alignment to build muscular strength, balance and harmony. Pilates focuses on the abdominal area, lower back and hips to create a power center.

March 21 - May 9 M 11:00 AM - 12:00 PM
 Adults \$65 212217-02
 Seniors \$59 112215-02

BODY SCULPTING

This class is a cross between Tai Chi, Yoga, Pilates and Martial Arts. Body sculpting requires specific muscle contraction and control, and is similar to power yoga in its use of pose, concentration and balance. "Sculpting" focuses on deep breathing, low heart rate, low impact, hydration and basic movement.

March 24 - May 12 TH 6:00 - 7:00 PM
 No Fee 552513-04

STRETCH CLASS

Start your day with a stretch and a smile. This class will enhance flexibility as well as strengthen the core. Please note: You must be a City of Aventura Community Recreation Center member to participate. Registration is required.

March 21 - May 9 M 9:00 - 9:30 AM
 No Fee 552514-05

YOGA

Improve your strength, flexibility, and overall body in this introductory yoga class. Bring a mat, a bottle of water and wear comfortable clothes.

March 22 - May 10 T 9:30 - 10:30 AM
 No Fee 552512-06

March 24 - May 12 TH 9:30 - 10:30 AM
 Adults \$65 212207-03
 Seniors \$59 112207-03



CHAIR YOGA

Join us for a more gentle form of yoga. This class offers more support, while teaching stretching exercises and yoga poses. Recommended for seniors and beginners.

March 22 - May 10 T 10:30 AM - 11:30 AM
 Adults \$65 212220-01
 Seniors \$59 112213-013

