



NEWS RELEASE

City of Aventura

19200 West Country Club Drive
Aventura, Florida 33180

FOR IMMEDIATE RELEASE

Date: April 10, 2019
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The City of Aventura Celebrates Moms with a Wellness Series

Aventura, Florida ...

The City of Aventura will host Mother's May Wellness Series, a series of healthy fitness classes to celebrate moms during the month of May at the Community Recreation Center. The free classes are open to everyone and aim to introduce and drive a much needed healthy lifestyle for both mind and body. The first class in the series starts on Tuesday, April 30, 2019 at 6:30 p.m.

Registration is required to participate. Participants may register for individual classes or the entire series. Aventura residents and Community Recreation Center members are welcome to register online using the City's Online Registration System at cityofaventura.com/ors starting Wednesday, April 10, 2019. All other Miami-Dade County residents may register in person only at the Recreation Center starting on Wednesday, April 17, 2019.

Classes are open to everyone. The class schedule and brief descriptions are as follows:

- Tuesday, April 30, 2019 at 6:30 p.m. **Pilates & Nutrition**
A 30-minute mat Pilates class designed to stretch, strengthen and engage core. Listen to a registered nutritionist and dietician provide expert advice about running a healthy kitchen at home.
- Tuesday, May 7, 2019 at 6:30 p.m. **Prenatal Yoga & "Eight Happy Practices" for Dads**
A one-hour yoga session to lead mommies and moms-to-be into gentle stretches while renowned speaker, Eli Bravo, chats with dads about the best eight practices for happiness.

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- Tuesday, May 14, 2019 at 6:30 p.m. **Mommy & Me Zumba**
Join a one-hour dance party so fun, it becomes easy to forget it is exercise! Follow the moves of a Zumba instructor towards a full body workout for moms, dads and kids.
- Tuesday, May 21, 2019 at 6:30 p.m. **Mindfulness**
A one-hour session where meditating moms talk about how to be more present by practicing awareness.
- Tuesday, May 28, 2019 at 6:30 p.m. **Quick Workouts & Healthy Snacks**
A 30-minute high intensity workout to maximize time and effort. The workout is complemented by a 30-minute workshop where real moms will guide moms-to-be how to prepare healthy and quick snacks.

For more information, visit cityofaventura.com or contact the Aventura Community Recreation Center at 305-466-3883.

Ronald J. Wasson
City Manager

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