

The City of Aventura

Mother's

May Wellness Series

Celebrate Moms!

Celebrate moms with a series of free wellness classes at the
City of Aventura Community Recreation Center.

Please visit cityofaventura.com/ors for registration and details.

Free



WHEN

Tuesdays at 6:30 PM

APRIL 30 - Pilates & Nutrition

MAY 7 - Prenatal Yoga & "Eight Happy Practices" for Dads

MAY 14 - Mommy & Me Zumba

MAY 21 - Mindfulness

MAY 28 - Quick Workouts & Healthy Snacks



WHERE

Community Recreation Center (CRC)

3375 NE 188 Street

305-466-3883



REGISTRATION

- **Online** for Aventura Residents and CRC Members at cityofaventura.com/ors.
- **In person** only for all other Miami-Dade County residents at the Community Recreation Center.



CONTACT

Visit cityofaventura.com/ors, or contact the Community Recreation Center at 305-466-3883.



cityofaventura.com @cityofaventura