

# Experience Recreation this Fall



RECREATION	DATES*/DAYS		AGE/TIME	PRICE
BRIDGE LESSONS	November 5 - December 17 Wednesdays		Ages 18+ Novice 9:30 - 11 AM Intermediate 11:30 AM - 1 PM	\$75
BRIDGE DUPLICATE GAMES	October 9 - December 18 Thursdays		Ages 18+ 12:30 - 3:30 PM	\$15 / Game \$22.50 Guest Non-Resident**
THE GAMES SOCIAL	September 11 - November 20 Thursdays		Ages 18+ 11 AM - 12 PM	Complimentary
WALKING CLUB	September 8 - November 5 Mondays & Wednesdays		All Ages 7 - 8 PM	Complimentary
PICKLEBALL LESSONS	Session 1 September 10 - November 5 Wednesdays	Session 2 November 12 - December 17 Wednesdays	Ages 16+ 6 - 7 PM	\$85 / Session 1 \$70 / Session 2 (Mini five-week session)

\*No Classes on 9/23, 9/24, 10/2, 10/7, 10/8, 10/13, 10/14, 10/15, 11/24-11/28.

\*\* Non-Residents can participate as a guest of registered resident.

## Bal Harbour Total Wellness Club Membership (ADULTS 18+)

### Experience wellness without limits!

For only \$50 per month, the Bal Harbour Total Wellness Club membership gives you unlimited access to all fitness classes offered at our community center—designed to keep you active, balanced, and energized.

### Exciting Programs Include:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30 PM HIIT for Seniors	10 AM Tai Chi 12 PM Zumba, Gold 1:30 PM Strength & Flexibility 2:30 PM Mat Pilates & Body Sculpt 6 PM Vinyasa Yoga	10 AM Chair Yoga 6 PM* Yin Yoga  * will move to 7 PM starting 9/1	9 AM Tai Chi 12:30 PM HIIT for Seniors 1:30 PM Strength & Flexibility	11 AM Mat Pilates** 12:15 PM Barre  ** no class 8/22 or 8/29

Now offering a senior discount for participants aged 60 and over, (50% for resident, 20% for non-resident guests)

Call 305.993.7444  
to learn more about our guest policy.



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305.993.7444