



# Garfield Heights Fitness Classes

## New spring 12-week session



Starts Monday, April 1<sup>st</sup> through Wednesday, June 19, 2019

### Cardio Blast/Boot Camp:

Monday and Wednesday - 6:00 pm—7:00 pm

### Strength Training/Weights/Stability Ball:

Monday and Wednesday - 7:15 pm—8:15 pm

All classes held at Garfield Fire Station #1 McCracken & Turney Roads

Discuss nutrition, diet ideas & tips. Find what works for you and your lifestyle!

### 12 Week Session Class fees:

1 class per week - \$60.00

2 classes per week - \$90.00

3 classes per week - \$108.00

4 classes per week - \$120.00

### Current recreation ID Card required

ID card \$15.00 residents

ID card \$40.00 non-residents

2 proofs of residency required at the time of registration for residents

Sign up anytime on or before Friday, March 29<sup>th</sup> deadline

and avoid \$15.00 additional fee after deadline date

There will be no fitness classes held on Monday, May 27<sup>th</sup> due to Memorial Day

the class will be held on Tuesday, May 28<sup>th</sup> instead

### Sign up at the Dan Kostel Recreation Center

During any and all open office hours

5411 Turney Road

216-475-7272

Press option #1 for hours of operation – or press "0" to speak with a team member during open office hours.

### Sponsored by:

The City of Garfield Heights

Vic Collova, Mayor

Robert A. Dobies, Sr. Director of Parks & Recreation

