



Garfield Heights Fitness Classes

New winter 12-week Session
Starts Monday, January 7, 2019
through Wednesday, March 27th



Discuss nutrition and diet issues. Find what works for you and your lifestyle!

Cardio Blast/Boot Camp:

Monday or Wednesday - 6:00 pm—7:00 pm

Strength Training/Weights/Stability Ball:

Monday or Wednesday -7:15 pm—8:15 pm

Pre-register at the Dan Kostel Recreation Center
Classes are held at Garfield Fire Station #1 McCracken & Turney Roads

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

\$15.00 fee will be applied after the January 5th deadline

**Sign up at the Dan Kostel Recreation Center
beginning December 17th through January 5th**

During our open office hours at

5411 Turney Road

216-475-7272

follow prompts or press "0" to speak with a team member

Sponsored by:

The City of Garfield Heights

Vic Collova, Mayor

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

www.garfieldhts.org – follow us on facebook @GarfieldHtsRec