



Garfield Heights Fitness Classes

New fall 12-week Session
Starts **Tuesday, September 4, 2018**
through Wednesday, November 21, 2018



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

(classes are held Monday & Wednesday - with the exception of starting date on Tuesday, due to Labor Day)

All classes 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 Friday, August 31st deadline - no exceptions

**Sign up at the Dan Kostel Recreation Center
beginning August 1st through August 31st**

During our open office hours at

5411 Turney Road

216-475-7272

Press option #1 for hours of operation #2 & follow prompts



Sponsored by:
The City of Garfield Heights
Vic Collova, Mayor
Robert A. Dobies, Sr. Director of Parks & Recreation

