



# Garfield Heights Fitness Classes



**New! 10- Week Summer Session**  
Starts Monday, June 25<sup>th</sup> through  
Wednesday, August 29<sup>th</sup>

*Note: Wednesday, July 4<sup>th</sup> class will be held on Thursday, July 5<sup>th</sup> due to the Holiday*

## 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 are taught by a certified fitness instructor

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

**Garfield Fire Station #1 McCracken & Turney Roads**

### 10 Week Session Class fees:

- 1 class per week = \$50.00 + ID card
- 2 classes per week = \$75.00 + ID card
- 3 classes per week = \$90.00 + ID card
- 4 classes per week = \$100.00 + ID card

### 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 before Friday, June 22<sup>nd</sup> 4:00 pm deadline**

***\$15.00 late fee after deadline – Friday, June 22<sup>nd</sup> no exceptions***

**Sign up at the Dan Kostel Recreation Center  
beginning May 29<sup>th</sup> through June 22<sup>nd</sup>**

During our open office hours at

**5411 Turney Road**

**216-475-7272**

Follow prompts to "hours of operation" or press "0" to speak to a team member.

**Sponsored by:**

**The City of Garfield Heights**

**Vic Collova, Mayor**

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