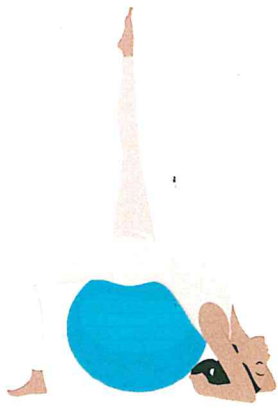


# Garfield Heights Fitness Classes

New fall 10-week Session

**Starts Monday, September 11, 2017**  
through Wednesday, November 15, 2017



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

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

### 10 Week Session Class fees:

1 class per week - \$40.00

2 classes per week - \$65.00

3 classes per week – \$80.00

4 classes per week -\$85.00

### Current recreation ID Card required

ID card \$10.00 residents

ID card \$35.00 non-residents

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

\$15.00 fee will be applied after September 8<sup>th</sup> – no exceptions

**Sign up at the Dan Kostel Recreation Center  
beginning August 1<sup>st</sup> through September 8, 2017**

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**

